

## Math Anxiety Reduction

*Excuses rob you of power and induce apathy. - Agnes Elk*

### Strategies for your success

You can reduce your test stress by taking control of your success with some strategies that are easy to incorporate into your test prep routine.

- Take control by being prepared mathematically.

Prepare yourself mathematically for the test so you will have confidence in your ability to succeed. If you feel prepared and confident, you will believe you can do well. These positive thoughts will carry over to your actions on the test. Lack of preparation causes students to be nervous, 'blank out', get discouraged, and be overwhelmed. Follow the **Test Preparation Skills Strategies** for preparing for the test.

#### 1. To be prepared mathematically I will:

- Take control by taking care of your body.
  - Maintain your exercise routine. Exercise helps reduce stress and improves circulation to all of your body, including your brain.
  - Get a good night's sleep. Your body becomes refreshed as you sleep. Rest will help you think more clearly during the test. You will not do your best if you stay up all night cramming.
  - Eat properly and maintain good nutrition. Keep your body strong to better handle the stress of a test.
  - Dress for success. Dress in a way that makes you feel confident and comfortable. Some students like to dress up a bit for tests and others prefer to wear their favorite jeans. Choose what works for you!

#### 2. To take care of my body I will:

- Take control by planning ahead.
  - Plan your transportation so that you arrive early and relaxed.
  - Make sure that you have all the required materials packed and ready to go.
    - Pencils/erasers/highlighter
    - Calculator
    - Any assignment you need to turn in.
  - Pack personal items that add to your comfort such as tissue, water, a jacket, gum, candy.

3. To plan ahead I will: