

GETTING HELP

✓ Free Tutoring

MC LLR, Rm 332

Math Center: (805) 378-1556

Writing Center: (805) 553-4850

? Freaking out in the middle of the night?

Talk to a trained volunteer 24/7.

Just text "Courage" to 741741

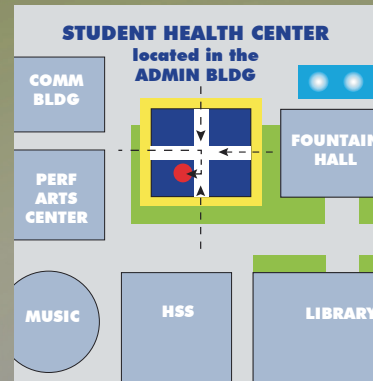
✓ Free Mental Health Services

Call or visit to make an appointment:

MC Student Health Ctr

Admin Bldg, Rm A-111

(805) 378-1413



MOORPARK COLLEGE
STUDENT HEALTH CENTER

(805) 378-1413 | Admin Bldg, Rm A-111

www.moorparkcollege.edu/health



Discrimination Statement

Moorpark College is committed to providing an equal opportunity to students, employees, and the public, regardless of race, color, religion, gender, national origin, disability, age, sexual orientation, marital status, or veteran status. Please call (805) 378-1403 or see the catalog for more detail.

MANAGING



TEST ANXIETY



WHAT IS TEST ANXIETY?

If you go to every class and do well on the homework--you know the material--and then you bomb the test, you might have test anxiety. Some students have physical symptoms too: racing heart, restlessness, queasy stomach, or sweaty palms.

Test anxiety isn't worrying about an exam because you didn't attend class or do assignments. This situation is remedied by attending all classes, doing all assignments, and getting help early.



Steps to Reduce Test Anxiety



The Night Before

- > Get a good night's sleep.
(Don't cram--it doesn't work.)
- > Pack your test supplies.
- > Think of a small reward for yourself for surviving the test.



Day of the Exam

- > Eat 1-2 hr before the exam.
- > Get to campus early.
(You have a few things to do before the test.)
- > Park far away.
(The walk will stimulate brain activity.)
- > Do a 2-minute power pose.
(Lean back in your chair cradling head in hands.)
- > Recite an affirmation.
(Example: I prepared as much as I could. I am ready and have what I need.)



During the Exam

- > Read the whole test before answering questions.
Look for the easy ones and do those first.
(Sometimes you'll even find the answers to the more difficult ones that way.)
- > Circle/underline key words.
- > Don't let the early finishers rattle you.



After the Exam

- > Don't change any answers! Most of the time you'll change a correct answer to an incorrect one.
- > Go get the reward you promised yourself. Make it something easy and enjoyable: take a walk or a nap, free time, visit with a friend, have a cup of coffee. By practicing this self-kindness you may even start to look forward to tests!



Other tips

- > Dress comfortably, and in layers. Air conditioning or heating can make you feel uncomfortable.
- > Consider practicing Mindfulness. Learn how: All sessions are offered free of charge on the SHC website: www.moorparkcollege.edu/health Click on the Mindfulness tab.
- > Contact the SHC to learn more about in-person Mindfulness Training.



Get to campus early

Get a good night's sleep

Dress comfortably

Circle/underline key words

Practice Mindfulness

Don't let early finishers rattle you

Don't change your answers

Reward yourself afterwards