Write it out.

There’s cool research out there that shows writing before test-taking can help you perform better on the test (articles on back!). Writing frees up your working memory. Also, it’s been shown to help students who might have test anxiety perform more like their peers who aren’t as impacted by test anxiety. So. Take a few minutes (5 - 10) before the test to get rid of all the anxiety-making thought-gunk in your head. Write about how the test stresses you — its impact, its content, its anything — and free up your precious brain space. Then, leave it on the page. Throw it out (or recycle it). Start your test with a clear mind, ready. You’ve got this.
Seriously. This research is cool. Want to read what we did? Check these articles out:


