

## **DISTANCE EDUCATION**

# How to Fight Online Testing Anxiety



#### PREPARE IN ADVANCE

- Create a study plan before the test
  - Start studying 1-2 weeks prior
- Get a good night's sleep
  - Avoid pulling last minute all-night study sessions
- Eat breakfast and drink water
  - Avoid food with a high sugar content

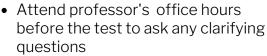


- - Find a quiet space to complete test
    - If needed, use headphones or earplugs to reduce distractions
  - Avoid working on beds or couches
  - Clear off your work space prior to the test
  - Have snacks and water available

## PRACTICE MINDFUL BREATHING

- To reduce levels of anxiety try using a breathing technique:
  - Breathe in for 4 seconds
  - Hold the breath for a count of 4
  - Breathe out (release) for a count of 4
  - Repeat this several times.
- You can practice this before, during, and after the exam

## COMMUNICATE WITH YOUR PROFESSOR



 If you have accommodations, make sure to email your professor and DSP ahead of time to ensure test is set up accurately

#### TEST TAKING TIPS

- Log on to class Zoom or testing site early
- Press "Save" button after answering a question to avoid losing work if you have connection issues
- Read questions out loud
- Outline essay questions

### **NEED MORE SUPPORT?**

Log on to <u>kortschakcenter.usc.edu</u> for information about online drop-in sessions with an academic coach, on demand workshops, handouts, and more.

