

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



COMMUNICATE WITH YOUR PROFESSOR

- Attend professor's office hours before the test to ask any clarifying questions
- If you have accommodations, make sure to email your professor and DSP ahead of time to ensure test is set up accurately



SET UP A WORK SPACE

- 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



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



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



NEED MORE SUPPORT?

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

