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.

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