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We all experience some level of anxiety before a test. A little nervousness can actually help motivate us to perform our best. Too much anxiety can become a problem if it interferes with your performance on tests. Here are some strategies that are extremely useful if implemented into your exam-prep regimen:

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- **Be prepared.** Study the material in advance; do not leave cramming for the day before your test. Do not do a last minute review.
- **Get plenty of sleep.** It is hard to function at your best when overtired.
- **Avoid any use of drugs or alcohol.** They can interfere with your mental ability.
- **Exercise.**

