Improving Exam Preparation Strategies

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before or during a test. Whatever
gs they can do to take control and improve the

t anxiety is often due to past experiences and/or
ways to reduce test stress is for a student to find
prepare for it effectively (more on this below).
xation techniques (e.g., breathing exercises,
t can deal with the anxiety when it starts to
rom a counselor, learning specialist, or from the
iety reactions (like nausea or panic), it is
ssional.

uch as they can about how an instructor tests and
to know what pbleC wCt