**Test Anxiety**

Some people get anxious at the thought of taking a big test. Ask yourself the following questions:

· Do you get nervous before a test?

· Do you think you will not finish in time?

· Do you forget things when you take a test?

· Do you ever get so nervous that you have trouble breathing?

· Do you panic when you don’t know the answer to a question?

· Do you sit down at a test thinking you will not do well?

If you answered “yes” to any of these questions, you may have test anxiety. Here are some ways you can control your anxiety now and during the SOL Tests:

* Try to be in school every day. Your teachers are reviewing subjects that will be on the test. Being in class gives you a better chance to do your best and to ask questions about material.
* The SOL Tests are not timed. You have the entire school day to complete each test. Relax and take your time.
* Answer the questions you know first. This will build your confidence. Skip the questions that are giving you trouble and go back to them later. You may write in the test book if you are taking the paper- pencil version so make a mark next to any question you skip.
* Take a break for a few seconds. Take a deep breath (don’t forget to let it out!) Change your position. Stretch your arms, hands and neck. Make sure that you do this quietly, then go back to taking the test.
* Don’t pay attention to anyone else. Everyone works at his or her own pace.
* Remember that there is no prize for finishing first.
* Be considerate of other test takers. Be careful not to make any disturbing noises or motions.

**KEEP A POSITIVE ATTITUDE!!**

-A positive attitude helps you perform your best in any activity.

-Tell yourself you will do well on the test.

-Imagine yourself going through the test easily and answering the questions correctly.