HOW TO FIGHT EXAM-FREEZE

Study smart
Study material steadily throughout the semester. The more you feel prepared, the lower your stress levels will be.

Practice
Practice under timed, exam-like conditions. Train your body and mind to take an exam under different conditions so you feel ready.

Find an “anchor”
A gesture or ‘anchor’ can help you refocus. Think about what you do when you are confident, such as rolling your shoulders or straightening your spine.

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