

# Got Test Jitters?

Many students grapple with varying degrees of test jitters, each person having their unique set of reasons. It's important to understand that test-jitters can interfere with one's ability to showcase their true capabilities during exams. There are variety of strategies and resources aimed at mitigating test jitters for any student.

<b>Effective Preparation</b>	<ul style="list-style-type: none"><li>● Make sure you are prepared for you test</li><li>● Start studying well in advance to make sure you have a solid understanding of the materials</li><li>● Knowing that you're prepared will give you the confidence to ace your exam!</li></ul>
<b>Relaxation Techniques</b>	<ul style="list-style-type: none"><li>● Mindful Breathing Exercises can help calm nerves and improve concentration</li><li>● Positive Visualization</li><li>● <a href="#">Progressive Muscle Relaxation</a></li><li>● Take a break</li></ul>
<b>Self-Care</b>	<ul style="list-style-type: none"><li>● Get enough sleep the days leading up to your test</li><li>● Eat a balanced meal to nourish your mind and body</li><li>● Go for a walk or get some exercise to reduce stress</li><li>● <u>Don't</u> neglect self care during exam periods!</li></ul>
<b>Reach out for Support</b>	<ul style="list-style-type: none"><li>● Talk with your friends, family, or a counselor</li><li>● Keep your professor in the loop</li><li>● Join a study group</li><li>● Take advantage of resources KU has to offer!</li></ul>

