Test Taking – Anxiety
The BRAVE Method

**Breathe deeply.**
- Take long, slow breaths throughout the test.
- Focus your attention on your breathing to make it steady.

**Relax.**
- When you feel your insides tightening, try to slowly relax each muscle one at a time. Tell yourself mentally that you are relaxing each muscle. For example relax your leg muscles by telling yourself “I am now relaxing my leg muscles.”
- Start relaxing your muscles from the top of your body and go down. Focus on relaxing your neck muscles.

**Attitude is everything!**
- Maintain a positive attitude throughout the entire test.
- During the test, tell yourself “I can do it!”
- Put a star next to the answers that you are sure you got right to show that you can do it!

**Visualize yourself in your favourite place.**
- When you find yourself becoming very anxious, close your eyes for a few seconds and imagine yourself in your favourite place.

**End is in sight!**
- Even if you feel that the test will last forever, remember that it will be over before you know it and your anxiety will fade!

Source: Learning Toolbox, Steppingstone Technology Grant, James Madison University.