



ARC Programs' Mental Health Counsellor is available in select secondary schools to provide education, support and referral services. If you are concerned about your child's mental health, please contact your School Counsellor who can direct you to the mental health services available at your child's school or in the community.

DO's and DON'Ts OF DEALING WITH TEST ANXIETY*

- **Don't** cram for an exam. The amount you learn won't be worth the stress.
- **Don't** think of yourself or the test in a negative sense.
- **Don't** stay up late studying the night before. You and your brain need the sleep! Begin studying a week in advance if possible.
- **Don't** spend time with classmates who generate stress for you on test day.
- **Don't** take those last few moments before the test for last minute cramming. Try to relax and spend that time reading, closing your eyes or some other distraction.
- **Do** remind yourself that the test is only a test. Be kind to yourself.
- **Do** focus on integrating details into main ideas.
- **Do** reward yourself after the test with food or a movie or some other treat. You just worked hard!
- **Do** plan on doing something relaxing the last hour before the test.
- **Do** tell yourself that you will do your best on the test, and that will be enough!

*Adapted from "Test Anxiety" booklet found at <https://www.anxietybc.com/test-anxiety.php>

For more resources on coping with Test Anxiety Please see your school counsellor or visit the following websites:

- <https://www.anxietybc.com/test-anxiety.php>
- <http://kidshealth.org/en/teens/test-anxiety.html>
- www.how-to-study.com