



- It may be tempting to compare your performance to other students. The truth is, however, wondering how other students are doing not only creates more stress but also wastes your time.

Don't worry; you're not the only one. Everyone is anxious about tests. If you weren't, you wouldn't try. It's fairly obvious that too much stress is a problem. However, a certain amount of stress before the test is good. It acts as a motivator and can enhance performance.

If you start to feel too anxious...

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