1. **Plan Ahead** – Figure out beforehand how much time you will need to study for the exam. Plan what items you will need to take to the test (pencils, pens, calculators, notes, etc.) and have them ready the night before. It is one less thing to worry about on test day.

2. **Get a Normal Night’s Sleep** – Pulling a last minute all-nighter is bound to be anxiety producing and your body may not be rested enough to fight the onset of panic.

3. **Eat a Good Breakfast or Lunch** – Avoid simple carbohydrates (sugar products) which can lower your blood sugar level and produce symptoms such as dizziness, headaches, lack of concentration, or anxiety. Complex carbohydrates (grain products like bagels, pizza) and proteins (meats, nuts) can help stabilize blood sugar chemistry.

4. **Stop Studying One Hour Before the Test** – You will probably not learn anything in that last hour that you don’t already know. Instead, do something to relax.

5. **Do Not Talk About the Test** – When you get to the exam rooms, sit by yourself and do not talk about the test or ask questions. This will only bring anxiety.

6. **Do Not Review Notes Right Before the Exam** – You’ve studied enough, looking at notes will only make you nervous, especially if you find something you missed. Put them under your seat as a security blanket.

7. **Take a Deep Relaxing Breath** – In order to defuse the stress of the situation, control your breathing by taking a few deep breaths. This will help keep your body enriched with oxygen and your mind at ease.

8. **Practice Taking the Test** – Try some example problems, and familiarize yourself with the room and surroundings.

9. **Skim the Entire Test Before Starting** – Prioritize the most important parts and do the problems you know first.