Test anxiety coping plan

Plan what you will do the week before, the morning of, during and after a test when nerves get in the way.

NAME

DATE

The week before (study plan, sleep, practice tests)

The morning of (food, travel, what I bring)

During (breathing, skip and return, time checks)

After (how I will wind down, what I'll review)

THOUGHTS I CAN REPLACE, AND WHAT I'LL SAY INSTEAD

If anxiety stops you studying or sitting tests, talk to your school's counselling or accessibility office.