

Test Anxiety

Research on Sleep and Test Anxiety

<https://www.sciencedaily.com/releases/2021/04/210428132955.htm>

What is Test Anxiety? Includes tips. <https://www.healthline.com/health/test-anxiety>

Exam preparation: 8 strategies for reducing exam anxiety

<https://www.lib.sfu.ca/about/branches-depts/slc/learning/exam-anxiety/reducing-exam-anxiety>

- [**A College Student's Guide to Test Preparation**](#)
- [**How to Study**](#)
- [**Test Taking Tips**](#)
- [**What to do Before, During and After a Test**](#)
- [**Cognitive and Physical Aspects of Test Anxiety**](#)
- [**Stress Solutions**](#)