

Manage Test Anxiety by Using Meditation

- Learning to meditate improves concentration and reduces anxiety.
- Commit to practicing meditation for a specific time each day. Make it a habit.
- Meditation is a learned skill. Practice will improve your ability to focus and concentrate.
- Find a quiet place away from distractions.
- Use guided meditation until you're comfortable on your own.

For example: MIT Medical Offers Free Downloads for guided meditation.

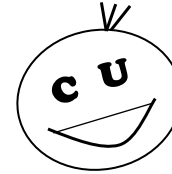
<http://medweb.mit.edu/wellness/resources/downloads.html>

- Try a yoga class at the Cameron Rec Center.
- Visit the Cameron Wellness Center Resource page and browse the links. <https://www.cameron.edu/wellnesscenter/national-resources>

Remember: You need to try all strategies more than once in order to test their effectiveness. Most new habits feel awkward; keep working on strategies and adapting to your personal preferences until you feel comfortable.

Guided Meditation: A Strategy for Managing Test Taking Anxiety

*A Tool for Success
from the Office of Teaching & Learning at Cameron University*



Manage Test Anxiety by Using Meditation

- Learning to meditate improves concentration and reduces anxiety.
- Commit to practicing meditation for a specific time each day. Make it a habit.
- Meditation is a learned skill. Practice will improve your ability to focus and concentrate.
- Find a quiet place away from distractions.
- Use guided meditation until you're comfortable on your own.

For example: MIT Medical Offers Free Downloads for guided meditation.

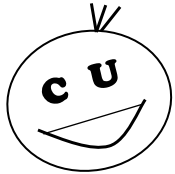
<http://medweb.mit.edu/wellness/resources/downloads.html>

- Try a yoga class at the Cameron Rec Center.
- Visit the Cameron Wellness Center Resource page and browse the links. <https://www.cameron.edu/wellnesscenter/national-resources>

Remember: You need to try all strategies more than once in order to test their effectiveness. Most new habits feel awkward; keep working on strategies and adapting to your personal preferences until you feel comfortable.

Guided Meditation: A Strategy for Managing Test Taking Anxiety

*A Tool for Success
from the Office of Teaching & Learning at Cameron University*



Manage Test Anxiety by Using Meditation

- Learning to meditate improves concentration and reduces anxiety.
- Commit to practicing meditation for a specific time each day. Make it a habit.
- Meditation is a learned skill. Practice will improve your ability to focus and concentrate.
- Find a quiet place away from distractions.
- Use guided meditation until you're comfortable on your own.

For example: MIT Medical Offers Free Downloads for guided meditation.

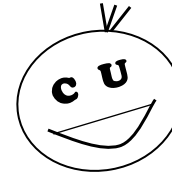
<http://medweb.mit.edu/wellness/resources/downloads.html>

- Try a yoga class at the Cameron Rec Center.
- Visit the Cameron Wellness Center Resource page and browse the links. <https://www.cameron.edu/wellnesscenter/national-resources>

Remember: You need to try all strategies more than once in order to test their effectiveness. Most new habits feel awkward; keep working on strategies and adapting to your personal preferences until you feel comfortable.

Guided Meditation: A Strategy for Managing Test Taking Anxiety

*A Tool for Success
from the Office of Teaching & Learning at Cameron University*



Manage Test Anxiety by Using Meditation

- Learning to meditate improves concentration and reduces anxiety.
- Commit to practicing meditation for a specific time each day. Make it a habit.
- Meditation is a learned skill. Practice will improve your ability to focus and concentrate.
- Find a quiet place away from distractions.
- Use guided meditation until you're comfortable on your own.

For example: MIT Medical Offers Free Downloads for guided meditation.

<http://medweb.mit.edu/wellness/resources/downloads.html>

- Try a yoga class at the Cameron Rec Center.
- Visit the Cameron Wellness Center Resource page and browse the links. <https://www.cameron.edu/wellnesscenter/national-resources>

Remember: You need to try all strategies more than once in order to test their effectiveness. Most new habits feel awkward; keep working on strategies and adapting to your personal preferences until you feel comfortable.

Guided Meditation: A Strategy for Managing Test Taking Anxiety

*A Tool for Success
from the Office of Teaching & Learning at Cameron University*