



STRESS-FREE TESTING

Tests can be stressful, and for some people, that stress can even bring on symptoms of anxiety. Everyone responds to that pressure in different ways, and learning challenges or mental health conditions can sometimes make it even harder to show what you really know. For example, symptoms of ADHD can make it harder to focus for long periods or organize study sessions, and anxiety can make it difficult to concentrate or feel confident during a test.

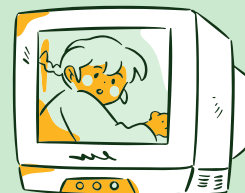
Remember, testing is only one measure of what you've learned—it doesn't capture all of your abilities or potential. Tests are designed to see how well you can recall and apply what you've learned in your classes, and there are many different strategies to prepare for them.

Follow for more resources!

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RESOURCES



Click the TV icon above to watch Hope Givers with Tamlin Hall which features advice and short films created by teens. In the episode "Love Yourself", Charleese Williams - recipient of the 2021 Rising Black Scientist Award - shares how she manages her mental health while working to inspire greater representation in STEM.



Click the VOX icon to hear from 18-year-old Tiayana, who writes about practical test strategies and the value of consistent practice.



Click 988 for the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

THE IMPORTANCE OF SLEEP

One of the most overlooked tools for effective studying isn't a new app or a longer study session — it's sleep. **Getting enough rest is essential for your brain to process and retain information.**

During sleep, your brain consolidates memories, strengthens connections between ideas, and clears out mental clutter. This means that the hours you spend sleeping are just as important for learning as the hours you spend reviewing notes or doing practice problems. **Think of sleep not as downtime, but as an essential part of your learning process.**

If something is making it hard for you to sleep — like stress, anxiety, or other challenges — don't try to handle it alone. Talk with your guardians or trusted adults about what's going on so they can help you find solutions.

Taking care of your brain and body is just as important as the time you spend studying. Eating well, staying hydrated, and getting enough sleep help your mind focus and retain information more effectively.

ACTIVITY

How can I improve my study habits?

- **Use the retrieval method** – Test yourself frequently using flashcards or questions at the ends of your textbook chapters; recalling information strengthens memory.
- **Take active breaks** – Moving around or stretching every 45–60 minutes helps your brain retain information better than just sitting still.
- **Set tiny, specific goals** – “Read 2 pages” or “Do 5 problems” works better than vague goals like “study math.”
- **Teach someone else** – Explaining a concept out loud to another person (or even to yourself) reinforces your understanding.
- **Reflect on your learning** – Ask yourself what worked, what didn't, and how the information connects to what you already know.

FREE your **FEELS**