Anxiety Control Procedure During an Exam

If you start to feel overly anxious, do the following ANXIETY CONTROL PROCEDURE to reduce your tension. This exercise is so simple that you may be skeptical about its effectiveness. However, many students have found that it really helps lower their anxiety to a level that is helpful rather than harmful.

* Close your eyes.
* Breathe in slowly to the count of seven and exhale to the count of seven.
* Continue this slow breathing until you actually feel your body begin to relax. (Most people find that it takes 2 to 4 sequences.)
* Open your eyes and give yourself a positive, very specific self-talk (i.e., "You're sure to do well. You studied hard. You’re doing the best you can.") This whole procedure should take only about a minute and it's well worth the time.

# Sierra College Resources

## Disabled Students Program and Services

### Rocklin Campus L 141

* Phone: (916) 660-7460
* Fall and Spring Hours
M-Th: 8:00am - 5:30pm
F: 8:00am - 5:00pm

### Nevada County Campus N3

* Phone: (530) 274-5330
* Fax: (530) 274-5347
* Fall and Spring Hours
M-Th: 8:30am - 5:00pm
F: 8:30am - 12:00pm
Closed 12-12:30pm M-Th

## Sierra College Health Services

### Rocklin Campus L 183

* Phone: (916) 660-7490
* Fax: (916) 630-4545
* Fall and Spring Hours
M-F: 8:00am - 4:30pm

### Nevada County Campus N3 101

* Phone: (530) 274-5317
* Fax: (530) 274-5347
* Fall and Spring Hours
M-Th: 8:30am - 12:00pm
M-Th: 12:30pm - 5:30pm
F: 8:30am - 12:00pm