

Welcome to OCtech Testing Center!

We are excited to offer support at OCtech to ensure a smooth testing experience for all students. Please remember that **all exams require an appointment**, and you must present a **valid picture ID** before testing begins. Click the link to visit our webpage for location, hours of operation, and other pertinent information. <https://www.octech.edu/student/resources/testing-center>.

Test Anxiety

It's natural to feel anxious before a test. Some students experience symptoms such as sweaty palms, blanking out, or a feeling of butterflies in their stomachs. However, if your anxiety consistently affects your test performance, it may be helpful to consult a school counselor or health professional for additional support. Keep in mind that managing test anxiety is key to performing well.

Tips to Reduce Test Anxiety:

1. **Study:** Thoroughly review and understand the material before the exam.
2. **Rest:** Get a good night's sleep before the test day to feel rested and focused.
3. **Eat:** Fuel your brain with a nutritious breakfast to maintain energy levels.
4. **Hydrate:** Drink enough water to stay hydrated, but avoid overdrinking.
5. **Relax:** Practice relaxation techniques such as deep breathing before, during, and after the test.
6. **Arrive Early:** Give yourself time to settle in by arriving early and organizing any allowed materials.
7. **Avoid Cramming in the Exam Room:** Focus on relaxing instead of last-minute studying.
8. **Stretch:** If tension builds up, stretch to loosen up and calm your nerves.
9. **Deep Breaths:** Close your eyes and take a few calming breaths to stay centered during the exam.

Scheduling Your Exams

To ensure you have the best experience, **schedule your exams in advance**. Click the link to schedule an appointment: <https://www.octech.edu/student/resources/testing-center>.

Remember: Stay focused, stay positive, and believe in yourself. You have the power to succeed this semester!

Phone: 803.268.2539 Email: testing@octech.edu | rhodesma@octech.edu