

# KEEP CALM AND PASS THE ARE

*8 tips compiled from our ARE Live Podcast: Combating Test Anxiety, where we spoke with veteran ARE Prep Coach Laura Crane and Licensed Mental Health Counselor Dr. Alyson Carr.*

## 1. PLAN WHAT YOU CAN: PUT YOURSELF IN CONTROL

> Do a “test run” to Prometric. Test day should not be the first time you make the trip to the testing center

## 2. SIMULATE THE TESTING EXPERIENCE BEFORE TEST DAY

> Schedule your Practice Exams like you would schedule the real thing  
> Take them without normal comforts (no cozy cup of coffee, no snacks, no music)  
> Practice under the same time constraints to train your brain

## 3. IT IS A PUZZLE, NOT AN EXAM

> You have trained and will solve the puzzle when you are truly prepared

## 4. GIVE YOURSELF A PEP TALK BEFORE YOU START

> “I’m ready and deserve to be here.”  
> You’ve scored well on the Practice Exams, this is evidence that you’re ready!

## 5. MAKE PHYSICAL HEALTH PART OF YOUR STUDY PREP

> Proper meals, exercise, sleep, and other physical health priorities  
(not just the night before)  
> You will inevitably lose some sleep the night before, this is normal

## 6. NO PRACTICE EXAMS THE NIGHT BEFORE

> If you are going to review, make it flashcards or notes

## 7. COGNITIVE (MENTAL) STRATEGIES FOR YOUR ANXIETY

> You don’t need to get all the questions correct  
> There will be things on the test that you haven’t seen before  
> Failing is not that bad - the NCARB pass rate is ~52%, these exams are hard.

## 8. BEHAVIORAL (PHYSICAL) STRATEGIES FOR YOUR ANXIETY

> Deep breathing ... extend breaths out all the way  
> Release the muscles in your tongue - this sounds silly but trust us  
> Stay present - feel the ground under your feet

