Many students suffer from test anxiety. It seems as if the term exam produces beads of sweat and heart palpitations to many times. However, test anxiety defiantly can be eliminated. Recent studies have shown that chewing gum increases blood circulation, increasing blood flow too the brain, allowing for clearer thoughts and more focus. Another method that seams to work is studying on yellow paper. The color yellow, scientists have discovered, stimulates memory and recall. Two groups of students were given material to study: one group’s material was on white paper, the other groups’ material was on yellow paper. The group of students with the yellow paper received higher grades their exams than the group of students with the white paper. Consider trying one or both of these methods when study for an upcoming exam.