Beat PTE Exam Nerves: Test-Day Performance Guide

Practical techniques to stay calm and perform at your real level.

The week before

☐ Do at least one full timed mock to get used to the length

☐ Practise with a headset in a slightly noisy room

☐ Plan your route and arrival time

☐ Prepare your ID and check that it matches your booking exactly

Calm-down techniques

- Box breathing: breathe in 4s, hold 4s, out 4s, hold 4s. Repeat 4 times
- Reset after a bad question: “Next one is a fresh start”
- Focus on the process (structure, timing), not the score

Test-day checklist

☐ Valid original ID

☐ Arrive early for check-in, photo and palm scan

☐ Light meal and water beforehand

☐ Phone and belongings in the locker

☐ Adjust your headset and microphone before you start

☐ Raise your hand immediately if there's a technical problem

Other candidates speaking

Speaking happens at the same time in the room. Practise with background noise beforehand, and focus on your own screen and timer.

Ready for real feedback? Book a free class and level check with PTE Success Academy.

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