

Stress & Anxiety

Arrive early. Relax & Meditate before exam.

Breathe in deeply.

1 – 2 – 3

Hold it.

4 – 5 – 6

Let breath out slowly.

7 – 8 – 9 - 10

Visualize a good test score.

Talk yourself up!

- I know this.
- I can do it!
- I will do my best.

Heart still pounding?

When you get the exam, turn it over. Repeat deep breathing. Visualize a peaceful setting (surf, forest, garden, etc.)

Continue breathing & counting until heart rate slowly settles.

Test Taking

Try the Memory Data Dump Strategy

1. Review Notes prior to test
 2. Turn test over or use scratch paper
 3. Write down everything you recall
 4. Start test
 5. Refer to Data Dump notes when memory blanks occur
-

Test Taking Tips

READ

Read all directions.
Read each question slowly.
Read all possibilities before selecting answer.
Look out for the following words:

- NOT
- ALL
- NONE
- BUT
- EXCEPT

PACE

Preview the number of questions. Set your pace.
Answer the easiest questions first.
Do not rush. Use all of your time to finish.

MARK

Skip and mark questions that are difficult.
(Return to them later)
Circle, underline or highlight key words.
Cross out Incorrect choices.

CHECK

Double-check directions.
Double-check your answers.
Do Not change answers unless absolutely certain.
Double check labels & signs (math/science tests)
Make sure you bubbled correctly or circled the answer you intended to select.

