TEST-TAKING

Prepare

- Schedule yourself plenty of time to study for the test.
- When you are studying try to learn the why instead of just strictly memorizing. Our memory often fails us during stressful situations.
- Study in a similar environment you will be taking the exam.
  - Quiet location, avoid distractions, and get yourself used to how it will be when taking the exam.
  - After you are feeling confident, do some practice problems without the aid of your study guides.

Pre-Test Routine

- Stay consistent in what you do before an exam.
  - Listen to the same song
  - Walk the hallways
  - Power Poses in the Bathroom
  - Set up your desk in the same way
- Don't listen to pre-test conversations.
  - Often classmates will try to compare notes right before an exam to make sure they are prepared.
  - I found this only adds to testing stress and anxiety.
  - Go in knowing your stuff and be confident you know how to do it without having to ask last minute questions.

During the Exam

- Stay Calm
  - o Take deep breaths
  - o Find something that can calm you during the exam
    - ▪ Sucking on mints
    - ▪ Chewing Gum
    - ▪ Water
    - ▪ Food
  - o If you find yourself having an anxiety spell during the exam, take a quick break to go to the bathroom and get some fresh air.
    - ▪ Sometimes you just need to remove yourself from the situation for a minute or two to get refocused.

Post-Test

- Don't compare answers
  - o I have found that classmates like to congregate outside the classroom after an exam and compare answers. This just creates worry and anxiety when you can't change anything about your test anyway.
  - o The test is done, just walk away and go reward yourself for taking it.
- Don't stress about when you will get your results back. The test is done, and the stressful part is over.