

STEPS FOR TACKLING THE BIG TEST

1 - 2 Weeks Before the Test



Become Familiar with the Test

- What is the format of the test?
- How much time will I have to take the test?
- What material will be covered?
- How much is each question or section worth?



Develop a Study Schedule and Plan

- Create a checklist: What do you need to do to be prepared?
(Ex. Read ch. 1-8, review lecture notes, meet with the professor)
- Estimate how much time each item will take
- Break up tasks into manageable pieces and fit them into your schedule.



1 - 7 Days Before the Test



Stick to Your Study Plan that You Created

- Schedule short study periods for yourself (an hour or less)
- Fit in energy-restoring breaks between study sessions
- Limit distractions



Day Before the Test



Develop your Test-Day Strategy

- Know how much time you want to spend on each question or section.
- Know which questions you want to tackle first and last.
- Pack/prepare any materials you will need
- Get a good night's rest!



Test Tips



Eat breakfast, especially if your test is in the morning.



Take 10-15 minutes to **warm up mentally** before your test. Try reading an article, lightly reviewing flashcards or singing along to a song.



Exercise to promote optimal brain functioning and decrease stress



Move on if you get stuck. You can always return to a question later.



If you are experiencing test anxiety before the test try **meditating** or **practice coping statements**. You can also try writing down your thoughts and feelings.



Stay calm. If you need a break during the test, take a moment to close your eyes, relax, and breathe deeply. Focus on what is within your control.