

# Steps for Tackling the Big Test



## I-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-What material is covered? What needs to be reviewed? Do you need to meet with the professor, etc)
- Estimate how much time each item will take
- Break up tasks into manageable pieces and fit them into your schedule

## I-7 Days

### Before the Test

○ **Stick to Your Study Plan that You Created**

- Schedule short study periods for yourself (an hour or less)
- Generate and answer questions during study sessions
- 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/section.
- Know which questions you want to tackle first and last
- Pack/prepare any materials you will need
- Get a good night's rest - sleep deprivation decreases your ability to focus

## 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.