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-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

1-7 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.