



# Test Preparation

*Test anxiety?*

*Don't know how to prepare?*

*What you are doing isn't working?*

First, know you are not alone. Tests have a way of bringing up anxiety and nervousness. Fortunately, there are lots of techniques out there that can help you to *prepare* for tests effectively. This is the best medicine for test anxiety.

## **One week before exam:**

- Schedule your study time on your time sheet or in your planner!
- Review previous exams. Know your mistakes.
- Sort your notes by topic to make it easier to study. Create questions for yourself to discover the weak areas you need more time with.

## **3 days before exam:**

- Thoroughly review all of your notes out loud, explaining them to yourself or to a friend. Being familiar with your notes does not mean you understand them. Be your own instructor.
- Use block time to focus on weak areas.
- Create your own questions and essay topics. Answer them.
- For more complicated information, use a technique that works to help lead you to the correct information. Use mnemonic devices such as Roy G. Biv, or visualization techniques such as a library catalog system for those big ideas.

## **2 days before exam:**

- *Practice like you play.* Do your best to create the same atmosphere you will test in. Sit at a desk, limit your time, and only allow resources the instructor will allow on test day (i.e. calculator). Take a practice test using the questions you created.

## **1 day before exam:**

- Review your practice exam and hone up on what you got wrong.
- Ask a friend, family member, or fellow student to quiz you.
- Focus on your weak areas. Don't waste time reviewing what you know.
- If you feel anxiety creeping up on you, practice [diaphragmatic breathing](#).

## **Exam Day:**

- Do a practice problem you are comfortable with in order to get you warmed up.
- Take deep breaths from your belly! (See diaphragmatic breathing). Do this in between questions if you feel tension building up. Your brain needs it oxygen to work properly.
- See "Test Taking Skills" for tips while taking your test.

Additional Resources:

Crash Course in Study Skills: <https://www.youtube.com/watch?v=mLhwdITTrfE>

10 Tips for Earning an A: <https://www.youtube.com/watch?v=jYWfiP7w5w0>

Beat Test Anxiety: <https://www.youtube.com/watch?v=fHfHSq7PVDU>

9 Best Scientific Study Tips: <https://www.youtube.com/watch?v=p6orN9JEapg>

