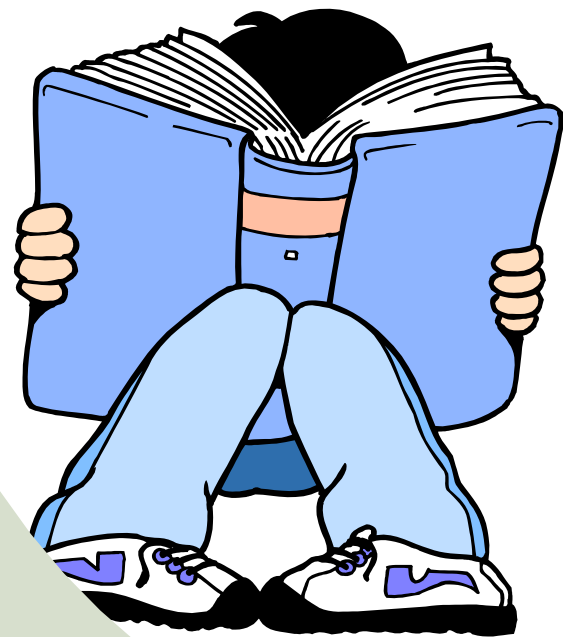


*Test Taking Tips
to
Combat Test
Anxiety*





Do's & Don'ts

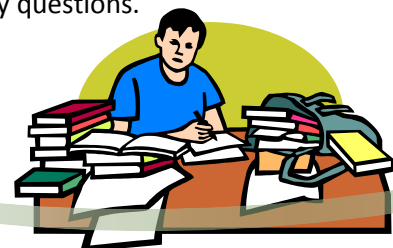
- Expect some anxiety –it's normal!
- Don't spend too much time on one question. Pace yourself.
- Read the directions.
- Read the entire question.
- Make educated guesses.
- Review your work.
- Answer all the questions.
- Practice positive self-talk.
- Stay focused.
- Get a good night's rest.

Before the test

- Spend time working through standardized practice items for several weeks. Don't wait until the last minute!
- It's about time: Establish a study plan, make a commitment, and schedule it over time.
- Focus on learning: Be prepared to dedicate 100% of your energy into studying. In fact, 20–50 minute chunks of highly focused studying are more valuable than two hours of ineffective work. Texting your friends, using social media, or listening to music while studying is not helpful—it is distracting.

During the Test

- Arrive at the testing facility a few minutes early.
- Relax your mind before the test begins.
- Read the instructions carefully. Read each question carefully, paying attention to details.
- Pay attention to time passing in relation to the time allotment.
- Don't get distracted by other testers in the room.
- If you come across a question that is difficult, don't spend all of your time on it. Move on and come back to it at the end.
- Don't fall into the trap of looking for patterns in the answers. There really can be three (or more) "C" answers in a row.
- When you are finished, look closely to make sure that you haven't overlooked any questions.



Practice relaxing too!

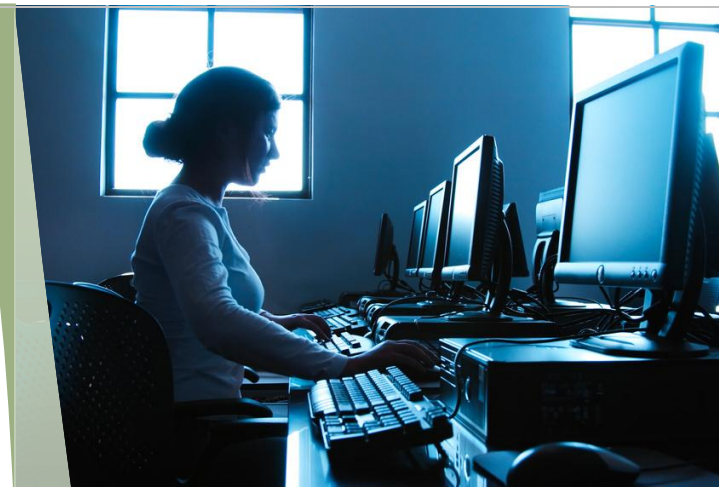
Integrate relaxation techniques into your routine to call upon right before your test and during the test to help you stay calm, confident, and focused. This might include things like deep breathing, imagining a positive outcome, or repeating positive mantras. If you find yourself thinking negatively, replace those thoughts with positive thinking: I am well prepared. I can do this. (Followed by a nice deep breath!)



Appropriate Resources

- **Practice test**
- **Test at a glance information**
- **Text books from class**
- **Class notes and assignments**

Review the areas that you find more challenging.



The Power of Positive Thinking

Move from:

I always do poorly on tests.

If I don't pass, I'm a failure.

This test is going to have trick questions.

There's just too much to know for the test.

My knowledge of one of the topics is shaky.

To:

I've got a good study plan and I'm sticking to it.

I'm working hard to pass, but if I don't, I can try again.

I'm going to show how much I know and I know the formats of the questions.

I don't need to know the answer to every question; I just need to do my best and pass.

I don't need to know everything about every topic. I've identified where my knowledge is weak and I am sticking to a good study plan.

References & Places to find more information

<http://www.pa.nesinc.com/>

www.scholarship.com

www.collegexpress.com

www.ets.org

http://www.alvernia.edu/academics/PDF/PECT_Study_Guide.pdf