Tips for Test Prep

(1) Make sure you have studied properly. Give yourself plenty of time to prepare. If you are sure of the information, you will be less stressed for sure. Having a regular study schedule is a good idea.

(2) Have good sleep hygiene and get enough sleep the night before the test. Sometimes people like to try and cram for a test, but your memory will recall information much better if you've had enough rest.

(3) Check your internal thoughts and internal voice. Remind yourself that some level of anxiety is completely normal and feeling a little stressed can actually improve your performance. Encourage and support yourself with coping self-dialogue such as "I can handle this", I know this material", and /or "I can get through this, no problem."

(4) Have a checklist of what you require for your test date. Depending on the subject, this may include things such as pencils or calculators, but you may also have the option of bringing a water bottle. Then, the evening before the exam, collect your materials so that you know that you have planned out in advance your own process so that you do not have to frantically rush before the test in the morning.

(5) Pay attention to instructions. As the teacher hands out the test, be sure that you know what's expected of you.

(6) Start your test by reading through the test first. Once you have the test paper, check out how long it is and all the parts that are in it. This will give you an idea of how much time you need for each section. It will also allow you a moment to check in with your teacher if somethings seems unclear before you start.

(7) Mindfully begin your test by intentionally relaxing. If you're so nervous that you "blank out ", you won't be able to remember anything. Start by intentionally breathing, like doing the foursquare breathing exercise!

(8) Focus on each question individually. As you take the test, whenever you do not know an answer, don't obsess over it. Just answer the question the best way you can or skip over the question and come back after you completed the others.

(9) When you are finished, it is usually a good idea to quickly check over your work. It is important not to take too much time to do this because you can begin to overthink and change your answers.

(10) After the exam, reward yourself for completing your exam. As you make changes in your habits, take time to recognize that as well!