208. HELPFUL HINTS FOR REDUCING STRESS DURING TEST TAKING

Learn the Material to Be Covered by the Test

- Examine the syllabus
- Talk to the instructor
- Look at old tests
- Consult with other students
- Use textbook/workbook

Gather and Organize the Supplies Needed for the Test

- Have working pens or sharpened pencils
- Check to make sure your calculator is working
- Take a watch to the exam

Pay Attention to Nutritional and Sleep Requirements Before a Test

- Get a good night's sleep each day for several days before the test
- Exercise or do something fun to burn off extra energy
- Eat a balanced meal before the test
- A high carbohydrate dinner the night before helps to raise energy levels
- Get a drink of water before the test
- Avoid excessive amounts of caffeine
- Dress in layers so that you may adjust to changes in temperature

Concentrate on Attitude and Motivation

- Focus on past testing success
- Engage in positive self talk

Source: Muskingum College, Center for Advancement of Learning, Learning Strategies Database.

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