You CAN Pass

PREP FOR TESTS
- Talk to your professor. Ask for suggestions on how to study for his/her tests, as well as what material will be covered on the test and about the format.
- Attend Supplemental Instruction (SI), tutoring sessions or join a serious study group. Practice by writing and taking your own tests.
- Review your lecture notes daily. Clarify material you don’t understand with your professor, study group, SI, or tutor.
- Review previous tests. The more you can know about what to expect on a test, the more prepared you will be.
- **DO NOT CRAM** for tests. Cramming is not effective and only increases your anxiety beyond control!

ASSESS ANXIETY
- Identify thoughts that increase your anxiety.
- Mentally tell yourself to “STOP!” when worries or fears cause you to become anxious.
- Daydream before a test. Fill your mind with pleasant thoughts to push out the anxiety.
- Visualize before a test. Mentally rehearse what it will be like to succeed. Visualize taking the test successfully.
- If you can’t answer a question, focus your thoughts on the next one, not on the remaining questions you might not know.
- Praise yourself. Tell yourself “I can do this.” “I’m doing fine.” “One question at a time.” “This isn’t as bad as I thought.”

STRATEGIES FOR TEST-TAKING
- Participate in Supplemental Instruction (SI) sessions, which are offered for many core courses.
- Ask your professor for suggestions on taking his/her tests.
- Work with your study group to find out what techniques they use to perform well on tests - then **practice** them!
- Come to the test early, with all materials necessary. Take some time to relax, stretch, and breathe deeply.
- Wear comfortable clothing and listen to music that has a relaxing effect on you as you walk to class or wait in the classroom.

STRESS MANAGEMENT
- Practice stress management on a regular basis including relaxation techniques, good health habits, and positive self-talk.
- Get adequate sleep before a test. NO CRAMMING!
- Eat food with nutritional value, especially the day of an exam.
- Complete a relaxation exercise before you leave for a test: visual, meditation, muscle relaxation, or deep breathing.
- If you run into a tough question during the test, breathe, and think to yourself, “I can do this. Relax.”
- Focus on you. Even if some people are working faster than you, it doesn’t mean they are more prepared.