## 2 Weeks before Test

I have outlined the test material and determined approximately how much studying I will need to do. Study strategies (available on the iPause website) that I will use are:

- Daily review of key concepts
- Making a study guide
- Creating tables, charts, lists and diagrams
- Create a notes compression of core concepts
- Use of mnemonic devices, acronyms and acrostics
- Utilizing practice materials, including textbook problems
- Joining a study group
- Alternating study environments
- 30 minutes of concentrated study, followed by a 15 minute break

I have started to predict what types of questions to prepare for based on past exam materials.

I have familiarized myself with a variety of relaxation techniques (available on the iPause website). Techniques I plan to use are:

- Positive visualization and affirmations
- 5-9 Breathing
- Guided meditation
- Progressive muscle relaxation (PMR)

I have marked in my calendar and will attend, if necessary:

- Supplemental Instruction
- The Tutoring Center
- My professor’s office hours

I have planned a post-exam reward.

I know the date, time and location of the exam.

## Day before Test

I am visualizing a positive, realistic outcome for the exam.

I have used one or more of my preferred relaxation techniques.

I will not have an all-night cram session. 😊

My calculator, scantron and writing utensils, as well as any other necessary supplies, are packed where they need to be.

I will get at least 7 hours of sleep with enough time for breakfast in the morning.

## Day of Test

I have eaten a light breakfast.

I will arrive to the test site 10-15 minutes early.

I will avoid anxiety-prone classmates.

I will use one or more of my preferred relaxation techniques.

During the exam, I will keep in mind the following:

- Setting a pace, not rushing
- Eliminating obvious wrong answers
- Skipping the questions that throw me off for too long
- Outline essay questions and answering what is asked
- Focusing on myself, not the surroundings