

VISUALIZE SUCCESS!

The Process of Test Taking

Before

- Make a semester study plan
- Find a good and quiet place to concentrate
- Join a study group or find a study buddy
- Learn the difference between studying and reviewing
- Predict test questions
- Talk to your professor
- **VISUALIZE SUCCESS!**

During

- Breathe
- Focus
- Preview the exam
- Work from your strengths
- Budget your time
- Go on to another question when you are stuck
- **VISUALIZE SUCCESS!**

After

- Assess your results
- Look for any patterns in the questions that you got right and the ones you got wrong
- Talk to your professor about your exam
- Go On!
- **VISUALIZE SUCCESS!**

Hints

How to Avoid Test Anxiety

- Avoid cramming
- Be prepared
- See the handout **Stress Busters**
- Get a good night's sleep
- Eat a healthy breakfast
- **VISUALIZE SUCCESS!**