VISUALIZE SUCCESS!
The Process of Test Taking
First and Second Year Advising

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!

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!

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