
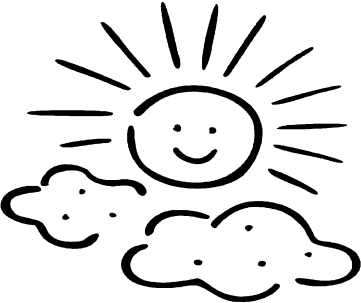






## TEST PREPARATION II

You are the key to testing. Getting ready for a test means more than simply studying some material. If you know the material but don't prepare yourself of a test, then you have just put out a lot of effort for nothing! The following are some points to consider in preparing yourself for examinations.

GUIDELINES	ACTION PLANS
<p>1. Don't forget your body</p> 	<ul style="list-style-type: none"> <li>a. Starvation or "stuffation" are not helpful for your body when preparing for test. Eat enough to give you the energy necessary for studying hard.</li> <li>b. Rest you body properly. You remember more when you are rested.</li> <li>c. Physical appearance may show how you think and feel, as well as telling you how you'll perform.</li> </ul>
<p>2. Be aware of you attitudes towards the instructor, your course content, and your test taking ability.</p> 	<ul style="list-style-type: none"> <li>a. The better you know how your instructor teaches and tells you what's important, the easier your attitude preparation will be.</li> <li>b. Set a personal objective for the course so it becomes worthwhile.</li> <li>c. Decide what relationship the course has for you academic major and future, and what grade you are working for.</li> <li>d. Bring the test into proper perspective so you can put out effort to perform well. (A test score does NOT say if you're a good or bad person). When you see a test as measuring your worth, it's easy not to study so you can say "I'd have done better if I had studied."</li> </ul>
<p>3. Manage your anxiety to get your best performance.</p> 	<ul style="list-style-type: none"> <li>a. Use physical relaxation techniques and use them so you can study and test without being super uptight. (Deep breathing, eyes shut, tell yourself do relax, to focus on the information, to concentrate well—visualize successful studying and test taking.)</li> <li>b. Take a test anxiety management seminar.</li> <li>c. Reward yourself for reducing anxiety while preparing for the test.</li> </ul>
<p>4. Measure your test readiness.</p> 	<ul style="list-style-type: none"> <li>a. Find a yardstick by which you can tell if you are ready for a test. (Avoid comparing yourself to other students.)</li> <li>b. Adjust your yardstick for different classes, instructors and tests.</li> </ul>