Preparing for Tests

Here are some things you can do *before*, *during*, and *after* a test to reduce your test anxiety.

Before the Test

- Take advantage of review sessions and the various tutoring resource centers on campus.
- Take notes and ask questions about items that are unclear or confuse you.
- Review any material from practice tests, homework, sample problems, review material, the textbook, class notes

During the Test

- Bring at least two pens/pencils and a watch so you can pace yourself.
- Always read the entire question thoroughly.
- Take deep breaths.
- Don't worry if others finish before you. Focus on the test in front of you.
- If you have time left when you are finished, review your answers.

After the Test

- When you get your test back, review the test and make sure that you understand your mistakes.
- If the teacher reviews the test in class, be sure to take notes on the professors rationale fror an answer on the questions/problems that you got wrong.
- If you aren't satisfied with your grade, meet with your professor and ask what you can do to improve or better prepare for their tests.
- Save the test as study material for future tests.