

10 WAYS TO CONQUER TEST STRESS

1. Prepare for the exam using study techniques which are best for your personal learning style and the course.
2. Avoid cramming. You just can't master large amounts of material in a short period of time.
3. Anticipate what questions the instructor may ask and practice answering them using material from the lecture and text.
4. Take care of yourself before the exam: sleep, exercise and eat properly.
5. Take short, scheduled breaks as you study.
6. Relax the hour before the exam.
7. Arrive at least 10 minutes early for the exam so that you can organize yourself.
8. Pace yourself during the exam so you don't run out of time.
9. Concentrate on doing your best. Keep your thoughts positive. DON'T compare yourself to classmates.
10. When it is all over, reward yourself.