

WHAT TO DO RIGHT BEFORE A TEST



This is not where you should be studying. Because you've already done that. This is where you collect and prepare yourself to begin.

Jittery?

- Move around!
- Go for a walk or do the Y.M.C.A (I'm sure your classmates will be entertained)
- Movement stimulates alertness by increasing oxygen flow to the brain
- Physical activity also decreases tension (those test jitters) by increasing endorphin levels (those happy feeling chemicals)
- Remember, you will not perform your best if you're all tied up in knots
- Take a breath, move, listen to music
- You can even talk with a classmate or friend, but try not to discuss the test
- The last thing you need is to stress yourself out by discussing what you studied, what they studied and whether it matches

Be prepared

- This may seem a no-brainer, but arrive early
- You do not want to be that person who arrives late and disrupts everyone else by pulling zippers, snapping buttons and rustling papers
- Your instructor will not be impressed either
- And you're more likely to be rattled when you start writing
- If you arrive early, you get the seat of your choice (preferably the same seat you occupy during class)
- Studies show that information is more easily recalled in the same place where it was first learned)
- Arriving early also gives you the opportunity to settle yourself, so you can write the test relaxed
- Make sure you arrive with the proper test taking tools
- Pens, pencils (are they sharp or do they have ink) a ruler, calculator

Eat Well

- Try your best not to eat a big meal before you write a test or exam
- A big meal will make you sleepy, and you want to be awake
- Avoid caffeine
- Yes, it stimulates alertness
- But caffeine also stimulates tension, jitters and nervousness
- AND it makes you need to pee
- You do not want to waste precious test time going to the bathroom or be distracted by your uncomfortable bladder

Cuseo, Joseph B, Aaron Thompson, Michele Campagna, Viki Sox Fecas. *Thriving in College and Beyond: Research-Based Strategies for Academic Success and Personal Development*. Dubuque: Kendall Hunt Publishing Company, 2016.

Ellis, Dave. *Becoming a Master Student*. Boston: Houghton Mifflin Company, 2006.