

A STUDENT'S GUIDE TO TEST TAKING & TEST ANXIETY



BE PREPARED.



You can begin studying earlier, even the day you begin learning the material.

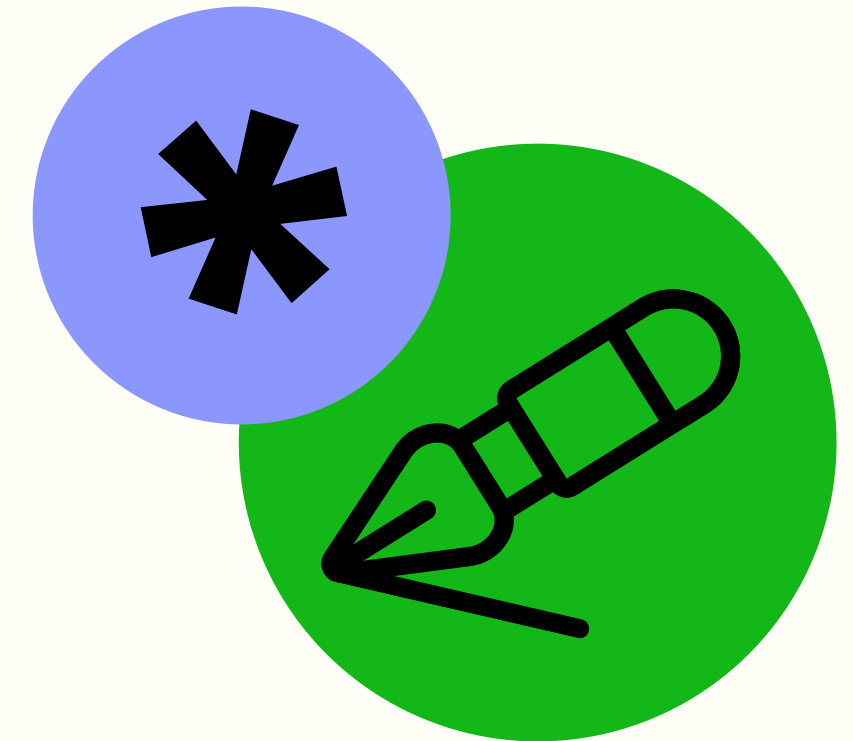
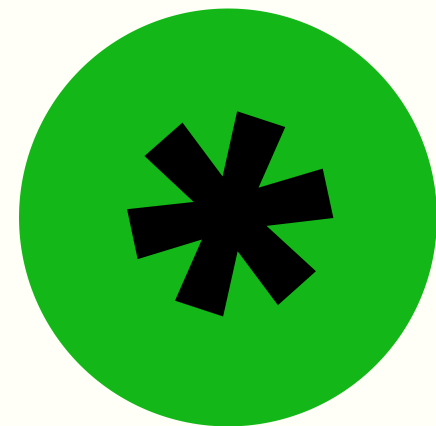


Seek assistance by working with other classmates, meeting with the professors, or getting tutoring.



Take good notes, ask questions, and practice the types of problems on the test!

GET SOME REST.



Your brain needs plenty of sleep to absorb the material you are studying.

A lack of sleep leads to decreased ability to sustain attention, which you don't want to have during tests



SKIM THE TEST.

Look to see if it is **multiple choice and/or essay questions.**

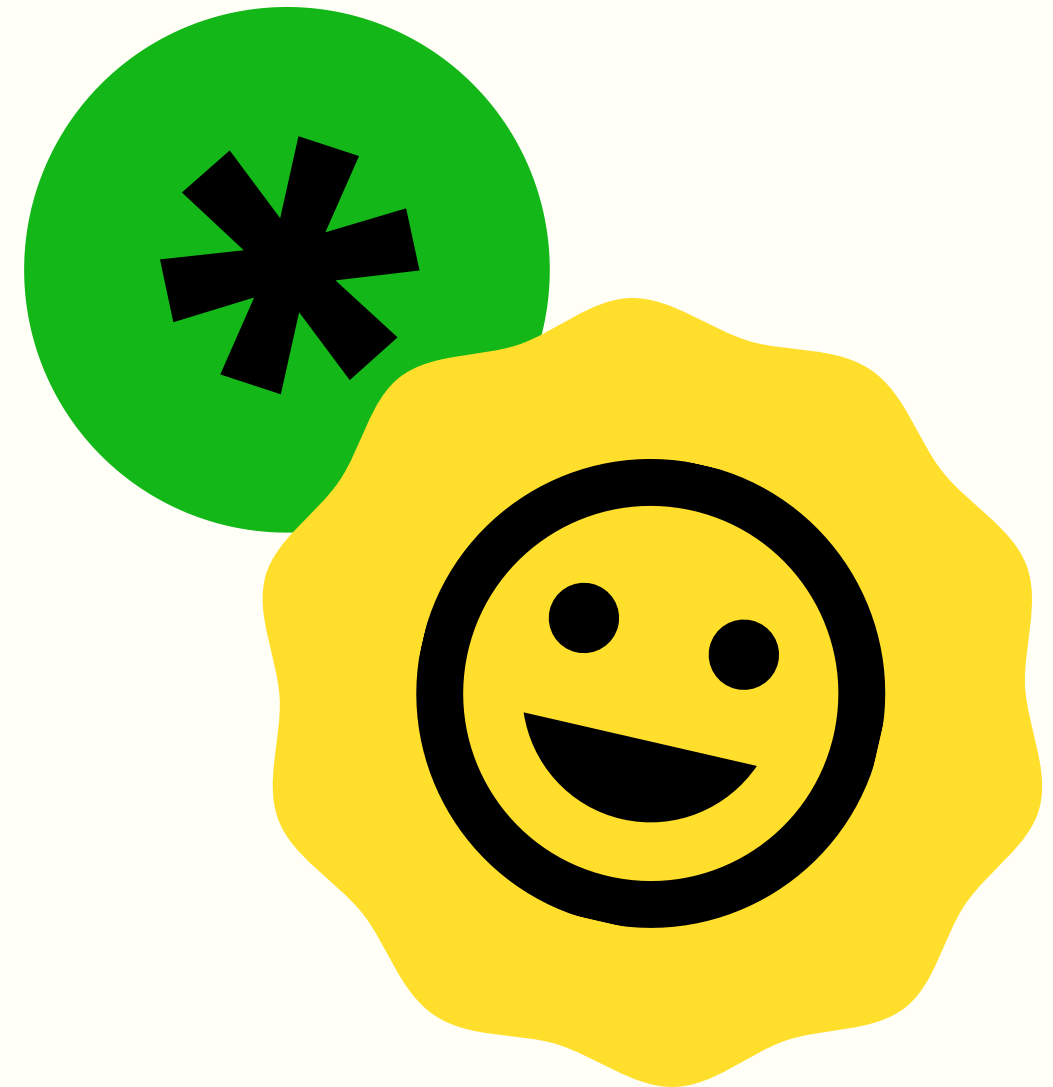
How many points is each question worth?

Answer ALL questions and be mindful of your **time.**



REVIEW YOUR WORK.

BUT DON'T DWELL...



Caution to change only a few answers. Your gut decision is typically correct.



Remain confident and don't let your grade define you as a student!



THANK YOU!



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