**Exam Preparation & Overcoming Test Anxiety**

**A Crash Course**

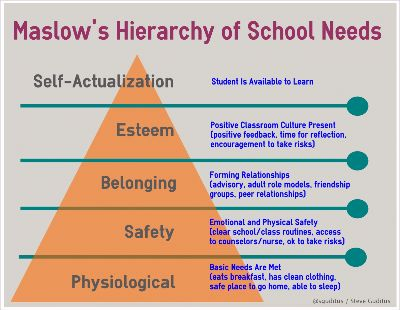
**Setting Priorities:**

|  |
| --- |
| Prioritize the following in order from MOST (1) important to LEAST (6) important on an average weeknight:   * \_\_\_\_\_\_\_\_\_\_\_\_ Watch TV​ * \_\_\_\_\_\_\_\_\_\_\_\_ Organize my backpack for tomorrow​ * \_\_\_\_\_\_\_\_\_\_\_\_ Watch youtube videos​ * \_\_\_\_\_\_\_\_\_\_\_\_ Study for a test next friday​ * \_\_\_\_\_\_\_\_\_\_\_\_ Complete math homework due tomorrow​ * \_\_\_\_\_\_\_\_\_\_\_\_ Text with friends |



*In order to be a successful student, you must make your assignments, as well as studying for tests and exams a* ***priority*** *over entertainment.*

**Internal & External Barriers to Studying:**

**

There are many factors that influence how you learn and study. These can be internal (your own thoughts and feelings) or external (distractions and problems in your environment).

**My own internal & external barriers to studying:**

|  |  |
| --- | --- |
| My internal barriers (my thoughts, feelings, attitude): | My external barriers (my environment, my habits, other distractions) |
|  |  |

**Knowing when to study:**

* Studying has shown to be most effective in chunks or short repeated sessions. (you should be studying for several days or weeks before your test or exam)​
* Study at specific times, make it a part of your routine. (ie: after dinner every day)​
* Try the **pomodoro technique**. This is a technique proven to boost productivity. Using a timer study for 25 minutes (an undistracted/ focused 25 minutes), then take a 5 minute break.​
* After four "pomodoros" have passed (100 minutes with 4 breaks), you take a 15 minute break. ​
* The pomodoro technique keeps your brain fresh and focused. ​

**The time I study best is:**

* **Early in the morning**
* **Right after school**
* **After dinner**
* **Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The reason I choose this time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Study Environment:**

* Create a dedicated or sacred spot​
* Your environment should be comfortable and free from distractions​
* Have all of your materials on hand before starting your session​
* Some research shows that varying your study environment can help you study​
* Some research shows that studying in the same place you will help you with recall​
* Certain classical music has been shown to help but studies have shown that students using a quiet environment have better recall of content.

**The place I study best is:**

* **My bedroom**
* **The library**
* **The kitchen**
* **The diningroom**
* **Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The reason I choose this place:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Five items I need in my study environment to be an effective learner:**

**1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



*Knowing when and where to study are two important factors in test and exam success. Studying in* ***short chunks*** *in a* ***comfortable, distraction free environment*** *have been proven to be successful study techniques.*

**Classical Study Playlists:**

Classical Music for Reading

<https://www.youtube.com/watch?v=mIYzp5rcTvU>

Calm Music 24/7

<https://www.youtube.com/watch?v=rLMHGjoxJdQ>

Beautiful Relaxing Music

<https://www.youtube.com/watch?v=hlWiI4xVXKY>

**Studying based on your learning style:**

1. **Auditory Learner**
2. **Visual Learner**
3. **Kinesthetic Learner**

Auditory Learner Study Tips:

* Auditory learners solidify their learning by hearing the information​
* Avoid the visuals of videos (listen don’t watch)​
* Have a friend or relative verbally quiz you
* Find audio sources with information you are studying​
* Verbalize what you are studying​
* Read your textbook out loud

Visual Learner Study Tips:

* Visual learners take in information with their eyes​
* Take detailed notes you can review later​
* Consider using mind maps to sort your information​
* Write a practice test
* Use flash cards while studying​
* Watch a video on the topic

Kinesthetic Learner Study Tips:

* Kinesthetic learners learn best through physical activity​
* Time your study sessions using the **pomodoro technique,** do a body break during your five minute break​
* Find ways to make your session active​ (such as a friend quizzing you while you do a physical activity)
* Keep your hands busy using a stress ball or fidget​
* Use flash cards spread throughout the room to get moving

**My dominant learning style is** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Two study tips I will try based on my learning style:**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

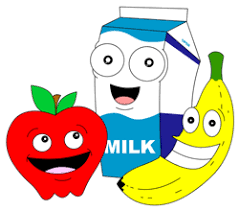
**General Study Tips:**

* Study based on how you learn best
* Notes can be overwhelming for many, flash cards are excellent tools
* Have a specific goal or plan for each study session (use the **learning plan** template to help with planning study sessions)
* Study as if you have to teach it to someone else, your brain will organize information more logically
* Eliminate distractions such as the television, or phone
* Find a study buddy with similar habits to yours
* Do a practice test
* Take care of yourself, get enough sleep and eat well
* Don’t cram, study over many days in smaller sessions



*Knowing what* ***learning style*** *you are can help you to determine what study techniques can work best for you. Remember that everyone is a combination of three styles so a* ***combination of techniques*** *may be what you need.*

**Overcoming Test Anxiety:**

**Before:**

* Get at least 8 hours of sleep prior to an exam (and in the week leading up to your exam or test)
* Eat a balanced diet during the week and a fiber and carbohydrate rich breakfast the day of the exam to fuel your brain.
* Avoid “high stress” foods such as caffeine, sugary foods and snacks, and fried foods.
* Avoid cramming just before the test, be sure to prepare well in advance
* Strive for a relaxed state of concentration.Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation
* Approach the exam with confidence, positive self talk can help put you into the right mindset
* Keep your expectations realistic. Do not expect 100% on any exam.
* Bring a water bottle to keep hydrated and a small snack to eat during the exam
* Arrive early so you have time to get settled.

**During:**

* Read directions carefully
* Change positions or stretch to help you relax
* Concentrate on your breathing, slow, deep breaths can help you relax
* Take your time
* Don't think about the fear
* Write down any formulas or important information in the margins of your exam as soon as you are allowed to begin
* Use positive visualization and self talk, **you’ve got this**! **You are doing your best!**
* Skip difficult questions and come back to them
* Don’t panic or rush when other students begin to hand in their papers
* Expect to have some anxiety, acknowledge it but do not let it take control.

**After:**

* Think about the techniques you used and what worked
* Look for ways to improve
* Celebrate your accomplishments
* Treat yourself (vent to friends, watch a movie, go for a walk)

**List three techniques or strategies you are going to use to help with test anxiety:**

**1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

