

# Test Busters

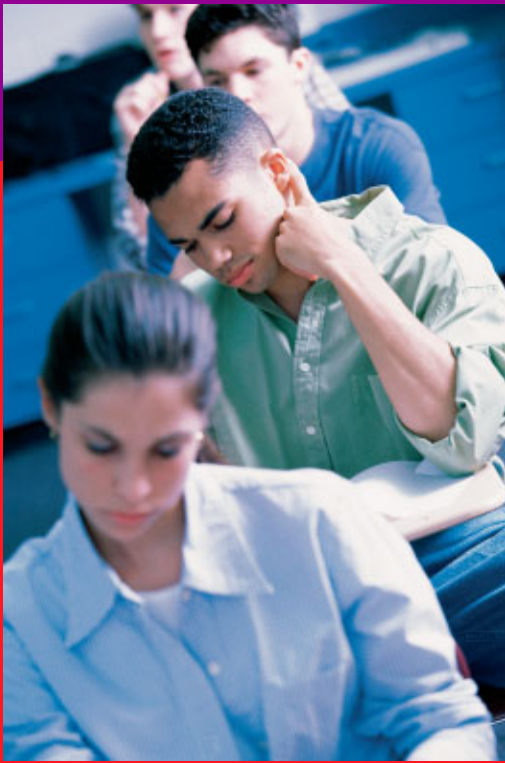
## Before the Test:

1. Review your notes.
2. Review your text.
3. Review old tests.
4. Make up your own pretest.
5. Get involved in a study group.



## During the Test:

1. Preview the test before you answer anything.
2. Read the directions.
3. Answer easy questions first.
4. Go back to the difficult questions.
5. Answer all questions.



## Cramming for Tests:

1. Read your notes out loud
2. Read chapter summaries
3. List main ideas from readings.
4. Cover all chapters
5. Take notes on main ideas from the readings.
6. Read everything out loud again.

## Handling Test Anxiety:

1. Picture your notes in your mind
2. Review key concepts
3. Breathe slow and deep
4. Think about the test items (not how well you are doing)
5. Get counseling if Test Anxiety is a major problem affecting your grades.

