STUDY, STUDY, AND STUDY SOME MORE

Use multiple study resources (flash cards, videos, online courses, instructor-led training, etc.)

Turn off notifications on electronic devices and/or relocate to another room while studying

Pro Tip: Prevent learning fatigue by scheduling activity breaks and changing topics every 30 minutes.

CREATE A DETAILED WEEKLY STUDY SCHEDULE

Consider how much time you’ll need to study each week and how much time you can (realistically) commit

Indicate specific days/times to study each topic

Pro Tip: Improve retention by studying more often for shorter bouts of time.

JOIN A STUDY GROUP (IN PERSON OR VIRTUAL)

Studying with others provides support and accountability

Improve study skills by discovering how others learn, understand, and remember difficult concepts

Pro Tip: Expand understanding of the content by explaining it to others.

EASE TEST ANXIETY

Learn about and practice meditation, breathing, and other self-care techniques

Request testing accommodations (if applicable)

Pro Tip: Many college campuses and other community organizations offer professional counseling for test anxiety.

IMPROVE YOUR TESTING ENDURANCE

Seek out and complete many (timed) mock exams that provide explanations for the correct/incorrect answers

Take short breaks to stand and stretch

Pro Tip: Make the best use of remaining study time and focus on weakest concepts.

KNOW THE EXAM FORMAT

Research if the exam is multiple choice, short answer, etc. and if there is a time limit

Find out if there is an option to skip questions and return later to answer

Pro Tip: Understand the algorithm (if applicable) that determines how many and which questions will be asked.

DETTERMINE THE BEST DATE/TIME TO SCHEDULE THE EXAM

Make sure there’s no other big events right before or after scheduled exam date

Choose a time of day when you “think best”

Pro Tip: Choose an early test time if possible. Cognitive abilities tend to diminish throughout the day.

TAKE THE EXAM LIKE A PRO!

Before the exam, eat a small meal/snack that won’t make you “crash” or upset your stomach

Arrive at the testing location at least ½ hour in advance to give yourself time to relax before the exam begins

Pro Tip: During the exam remind yourself often to relax and breathe - You’ve got this!

DAY-BEFORE PREPARATION

Get plenty of exercise, fluids, and rest

Prepare: get directions/time to testing center, gather supplies, gas up the car, choose comfortable clothing

Pro Tip: Don’t study! Take the day off and enjoy something to relax.

M A S T E R T E S T - T A K I N G S K I L L S

Research and implement strategies for answering multiple choice questions

Review missed questions to understand WHY answers were incorrect

Pro Tip: Read each question carefully, but don’t spend more than 2-3 minutes on each.