Exam Anxiety

1. Be diligent about ONGOING review
   - Daily review (within 24 hours of class)
   - Weekly review of all new materials

2. Have a plan for your MAJOR review
   - Should be reviewing, not learning
   - Begin 1 to 2 weeks before the exam

3. Prioritize and Predict what you need to learn
   - Work on most difficult areas first

4. Decide which study strategies are best for you
   - How? When? Where?

5. Create REVIEW TOOLS
   - Checklists, summaries, flash cards, mock exams

Study Tips:
   - Practice the tasks you will do on the test
   - Find at least one study partner in each class
   - Try teaching another person
   - Review for each class as if you were having a quiz
   - Make sure your notes are complete
   - Learn from past exams
   - Attend review classes
   - Identify your weaknesses and work on them

Techniques for Math & Science
   - Review and keep up on basic skills
   - Keep up with assignments
   - Learn from your mistakes
   - Do as many questions / problems as possible.
   - Practice scientific attitude - accuracy, precision, fact
   - Master your calculator
   - Learn the PROCESS, not just the answer

Psychological Preparation
   - Be realistic: predict, prioritize, and know the foundations
   - Look at the exam weighting, what % do you already have in the class?
   - Mental readiness

Days Leading to the Exam
   - Take care of yourself
   - Be careful not to compare yourself with others

How to Cram (if you absolutely have to!)
   - Be realistic: predict, prioritize & focus on the basics
   - Get some sleep!

Day Before the Exam
   - Be positive, visualize success
   - Eat healthy, drink water, prepare a snack, relax
   - Do not discuss the exam with peers immediately before the exam