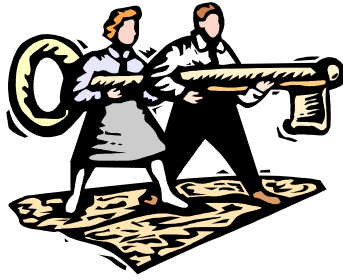


# Test Taking Tips



1. Get an adequate amount of **sleep** the night before.
2. Give yourself enough time to do your **daily routine** so you are relaxed and not rushing.
3. Stop studying at least a half hour before the exam so you don't begin to second guess yourself.
4. Arrive **early** and **prepared** to the exam!
5. Stay **relaxed** and **confident**—give yourself a pep talk, dress up, take several deep breaths prior to taking the exam.
6. **Don't talk** with other students right before the exam.
7. Be **comfortable but alert**—sit in the same seat as when you are in lecture, make sure you have enough room, have good posture.
8. **EAT!** It allows you to perform at your peak as well as absorb stomach acid caused by stress, which will help relieve tension.

*“Study and Test Taking Skills” Workshop*

*Wed, Sept 7, 6 -7 pm, Eddy 107  
Tae Nosaka*

*Thurs, Sept 8, 5:30 – 6:30 pm, Eddy 107  
Student Staff*