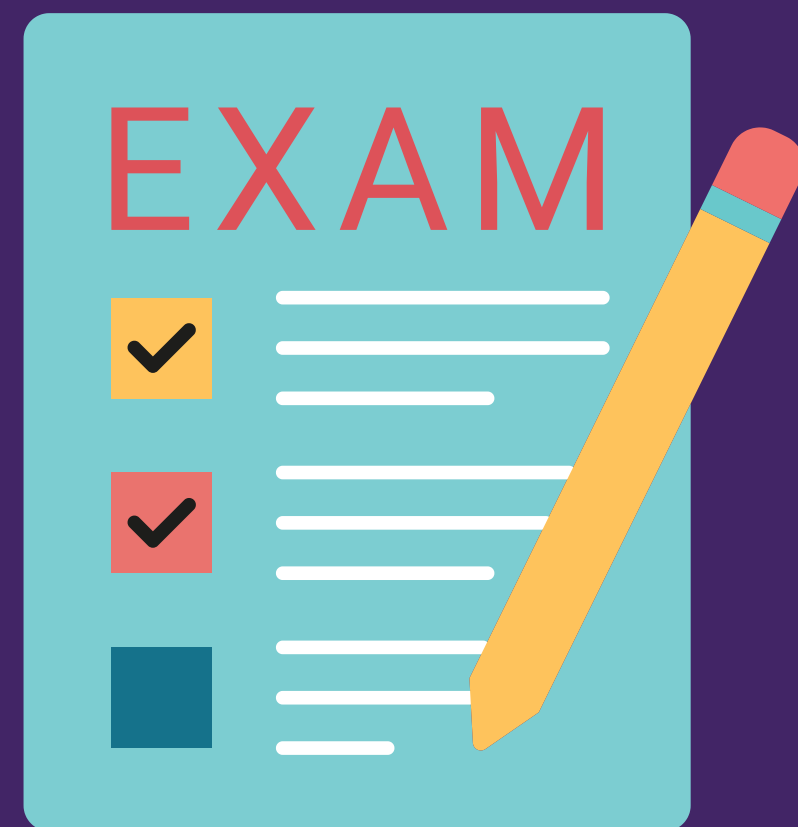
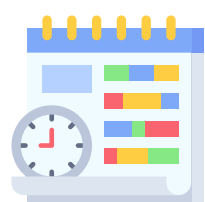


How to Prepare for an Exam



Tips for Students and Practitioners



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.



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.



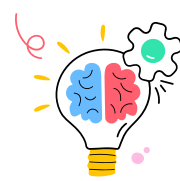
EASE TEST ANXIETY

- 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.



MASTER TEST-TAKING SKILLS

- 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.



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.



DETERMINE 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.



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.



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 1/2 hour in advance to give yourself time to relax before the exam begins
- **Pro Tip:** During the exam remind yourself often to relax and breath - You've got this!