Avoid Test Anxiety

- **The best way to alleviate test anxiety is to prepare for a test by studying regularly.**

- **Make up questions similar to those on the test.**

- **Avoid last minute review. Start three or four days in advance and study in depth. The night before, do a light review.**

- **Do not upset your regular routine to study for a test.**

Test Preparation

- **Keep up with day to day assignments.**

- **Review your assignments regularly to improve understanding and recall.**

- **Plan ahead! Begin final review several days before the test**

- **Identify what to study by using previous tests and class handouts.**

- **Study efficiently by focusing on the topics most likely to be on the test.**