A block heads guide to block a

How to address test anxiety and preparing for your first COP block exam
Test Anxiety

- https://libguides.norquest.ca/testtaking/testanxiety
The 3 Ps

• Prepare, Perform, Pray
• Use a study plan to manage your time before the test.
• Do spaced repetition and group study to prepare for the test
• Don’t try any new food or new sports drink or caffeinated drink the night or day of your test.

• A top athlete wouldn’t try new equipment during an important game, don’t do that to your brain and body before a big test.
SLEEP!!!

• Get a good night’s rest before the exam.
• It is too late to cram.
• You serve your brain better by letting it rest than by trying to stuff more information into it and losing sleep.
• Try reviewing the night before the exam and try to get to bed so that you can sleep your normal 7-9 hours.
• When you get up your brain will be well rested and able to process the information you put into it.
Goodnight
Sleep tight
EAT

• Eat a moderate breakfast. Again, don’t try anything new.
• Try not to have too much caffeine.
Quick review

• If it suits you, do a quick review before leaving for the test.
Stress is contagious

• Stay away from students who are stressing out about the test.
• Find a quiet spot alone or with someone who is quiet and calm.
• Don’t let someone else’s worry get into your head. Perhaps even wear headphones and listen to calm music (or whatever gets you ready for the test.)
Sometimes all you need is a hug from the right person... and all your stress will melt away.
BOSS

• Get to the exam on time or a little early so that you have time to settle in.
• Walk the room
• Own the room
• Answer the material you are most confident about first.

• Do NOT CHANGE THESE ANSWERS (unless you suddenly realize that you read the question incorrectly- Oh, it said a 100 pound woman, that is different than a 10 pound baby)
• Read the question completely
• Read the question from start to finish
• Read the question
• Now, answer the questions that challenge you.
• Try ruling out the wrong answers and finding your answer from there.
• Don’t bully yourself about what you don’t know—think about what you do know and how that could help you sort out the answer.
• Don’t turn this one exam into a catastrophe.
• Stay Calm.
• Learn from your mistakes and do better next time.
• Decompress after each exam by rewarding yourself in a healthy way.