



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*



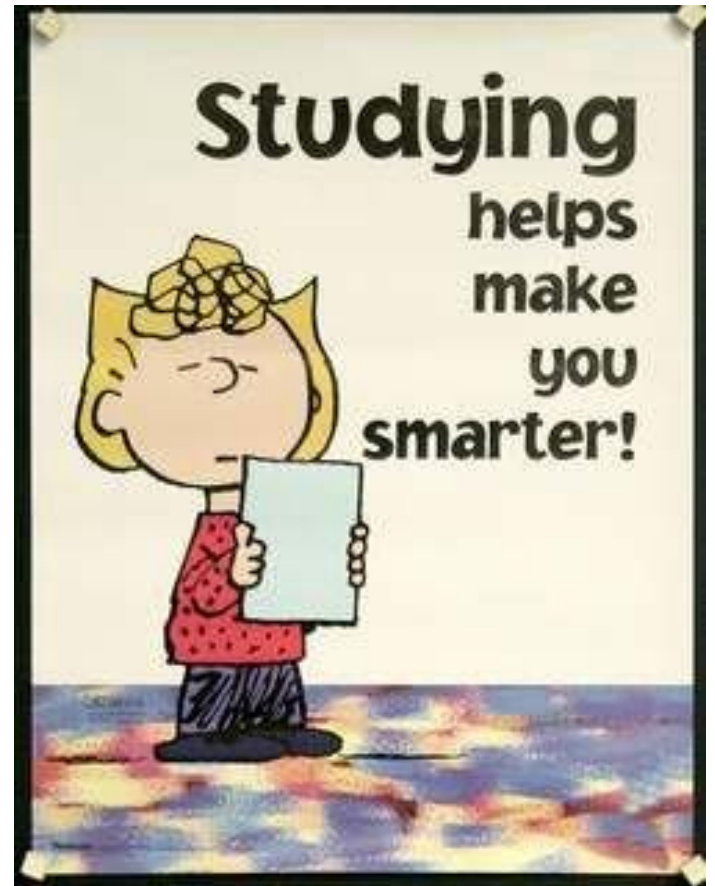
EAT

- 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.**

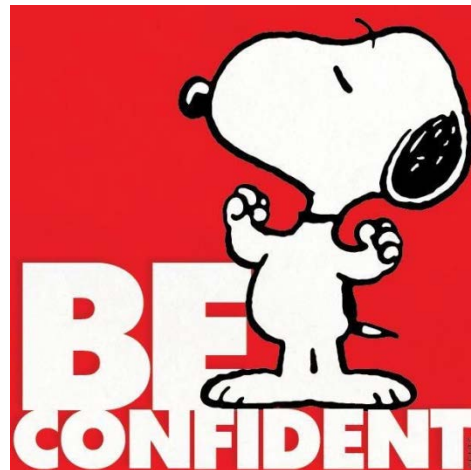


BOSS

- 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

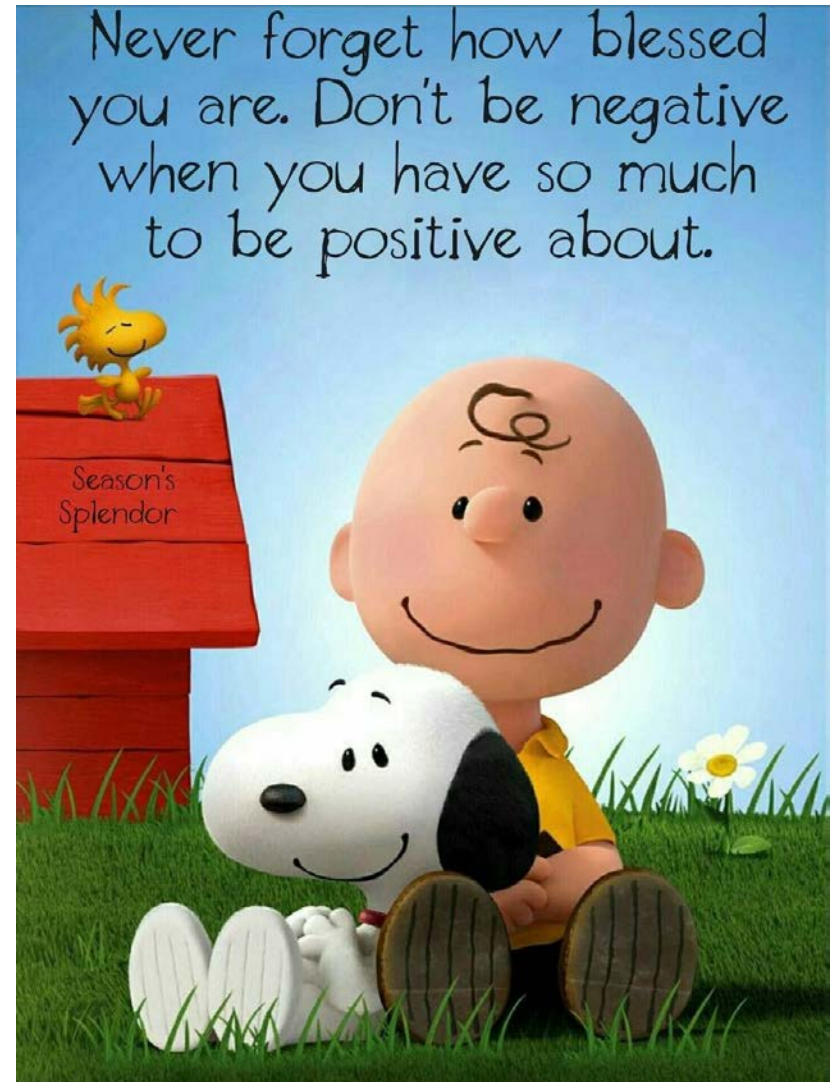
- Now, answer the questions that challenge you.
- Try ruling out the wrong answers and finding your answer from there.
- Don't bully yourself about what you don't know-think about what you do know and how that could help you sort out the answer.

WHEN YOU CAN'T CONTROL
WHAT IS HAPPENING
AROUND YOU, CHALLENGE
YOURSELF TO CONTROL
THE WAY
IN WHICH
YOU
RESPOND.



THAT IS WHERE
YOUR TRUE POWER LIES.

- 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.

