



# TEST DAY TRAIL



Adequate preparation is key to success in exams. This comprehensive outline provides essential strategies to optimize your preparation, enhance performance, and alleviate test jitters. By following these guidelines, you can effectively manage your time, improve focus, and approach questions with confidence, ultimately maximizing your chances of achieving your desired outcome in exams.

## **AT HOME PREP:**

- Eat a good meal
- Practice meditation to calm any test jitters
- Mentally prepare for any obstacles you may face
- Talk your self up! You have studied hard for this test-you are ready!!

## **BEFORE THE TEST:**

- Read the directions carefully
- Think of time allocations for each test section
- Tell yourself positive affirmations

## **DURING TEST:**

- Keep track of time
- Get rid of distractions
- Use process of elimination
- Review answers before submission
- Be confident in yourself!

