way that best matches your learning style.

- o Simulate Required Behavior
 - x If you are taking a closed book test, practice answering questions without your text or notes.

Taking Multiple Choice Exams

- o Before You Begin the Exam
 - x Enter all pieces of required information on your answer sheet.
 - x Upload: flip the test over, write down key words, concepts, and ideas that are in your mind, especially if you just studied them and think you may forget.
 - x Give yourself a time budget for each section of the test.
- o Make Three PassesThrough the Exam
 - x PASSONE:
 - f Go through the test and answer all the questions for which the answers come easily.
 - x PASSTWO:
 - f Try to anticipate the correct response before seeing the options provided. Then,

There are several strategies to help deal with and overcome test anxiety. If your anxiety is a constant issue or escalates to a higher level, it may be beneficial to speak with a counselor. CUW offers free counseling services to students. The Counseling Center can assist you with long-term coping methods for anxiety.

Prepare

Х

1