

Testing

Life is full of tests. People will test our patience, employers will test our ability to manage multiple priorities, and instructors will test our knowledge and ability to think critically. In each case, thoughtful perspective and preparation can assist us in handling these situations.

Preparation is Paramount

If you [read effectively](#), took good [notes](#), and studied according to your [learning style](#), you will be in a better position to prepare for a test. Nonetheless, here are a few tips to make the preparation process easier.



Attitude is Essential

- *Believe* – You must believe 1) that God did not bring you to the venture so that you can fail; 2) You are capable of doing well.
- *Ignore* – Though difficult, attempt to ignore the negative self-talk
- *Optimistic* – Optimism is powerful and often predictive of success
- *Trust* – Trust your preparation process

Test Anxiety

For many people, test anxiety manifests through a bit of nervousness in the days leading up to or prior to the exam. In other cases, it can be a severe reaction that causes sweating, heart racing, and memory lapses. One determination of whether or not your level of anxiety is a major problem is if your test grades suffer due to it. Regardless of your particular strain, [these tips and reminders](#) could help some people significantly. If none of these help, please make an appointment with the school's counselor.