

The “Stress-less” Test Countdown

- ★ 24 Hours before the Test:
 - ☑ Prepare your supplies: pens, watch, food, calculator, #2 pencils, etc. Choose layered clothes for the test.
 - ☑ Set an alarm—and a back-up if needed!
 - ☑ Go to bed on time, and get a full night’s restful sleep.
- ★ An Hour before the Test: Eat a high-protein snack. Avoid sugary foods & large amounts of caffeine.
- ★ 10 minutes to T-Time: Arrive at the test site.
 - ☑ Turn your phone off.
 - ☑ Walk around for a few minutes: exercise makes you alert.
 - ☑ Avoid classmates discussing anything course-related; listen to some relaxing music on your headphones instead.
- ★ 5 minutes to T-Time: Take out a problem or question that you have already successfully worked and look it over briefly.
- ★ 1 Minute to T-Time: Sit in a comfortable spot (away from distractions if possible), and get your supplies ready.
- ★ T-Time: Breathe deeply and slowly as tests are handed out. Visualize your positive goal. Calm body = calm mind.

Check the schedule for our workshop on this topic!
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