

Preparing for and taking exams

- **Chunk down topics from the study guide**
 - Strategically map out time and approach in advance
- **Utilize the teach-back method with peers**
 - Incorporate topics from the study guide
- **Healthy nourishment on exam day**
 - Activate the parasympathetic nervous system
- **Read through each question twice**
 - Prior to reading any of the available answers

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- **Practice the active recall methodology**
 - How quickly do specific concepts come to mind?
- **Use the scrap paper strategically**
 - Draw visuals and diagrams that assist with active recall
- **Take your time and look for key words**
 - What would nurse do *first*; *priority* intervention; *compared* to...
- **Purposefully choose where you sit for the exam**
 - Do your best to manage noise, distractions, movement

Strategies to combat test anxiety

- **Journaling or writing down your thoughts**
 - Test concerns or topics unrelated to exams
- **Visualization of a safe, relaxing environment**
 - Utilize all of your senses to create a “Go To” place
- **Four-square breathing technique from Orientation**
 - Focus on the sensation of slow and purposeful breathing
- **Have confidence in your knowledge of the material**
 - Minimize negative thoughts within your personal cognition