Test Prep Tips:
• Stop studying 1 to 2 hours before the test
• Eat & drink something
• Listen to music / watch a funny video / hang out with friends / read
• Relax / meditate
• Don’t review notes in the classroom before the test
• Don’t pay attention to other nervous students
• Find questions you can answer and do those first

Relaxation:
• Take several deep breaths
• Smile
• Think of something funny
• Think of a quiet / relaxing place (i.e., beach in Hawaii, swaying palm trees, breeze, ocean waves)
• Meditate (see below)

Quick Meditate:
• Sit comfortably
• Close your eyes
• Take a deep breath
• Count and picture the number “3” in your head as you exhale
• Do the same with “2” and “1”
• If you lose the number, just go back to it
• Don’t acknowledge distractions

Deeper Meditation:
• Sit or lie comfortably
• Close your eyes
• Self-Programming:
  • Tell yourself what you are going to do and visualize (“I will count down from 10 to 1, going into a darker and more quiet place, and I will get more and more relaxed as I count down from 10 to 1”)
  • Start with “10” – picture and repeat “10” in your head
  • When you have the number fixed, go to the next number (“9”)
  • Throughout, remind yourself that you are counting down from 10 to 1, and getting more and more relaxed

Coming Back Up:
• Reverse the process
• You will count up from “1” to “5”
• As you count up, you will wake up, feel refreshed, and feel relaxed
• Start with “1” and focus on the number
• Then, “2”, “3”, “4” and “5”
• Tell yourself you are waking up throughout from “1” to “5”
• Open your eyes – you’re good to go!