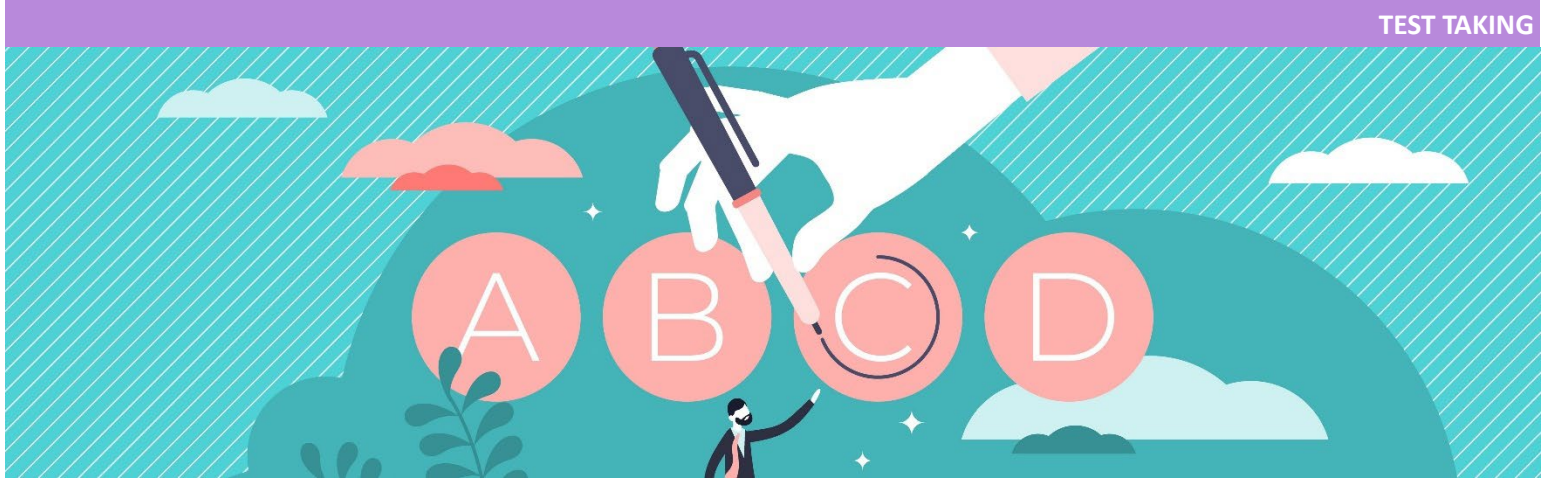


# General Test Preparation

TEST TAKING



## What is it and why do I care?

Test preparation is key to ensuring that your experiences with upcoming exams are less stressful and can allow for more success from the work you put into it. There is a lot of research that goes into the best ways for you to learn information and prepare for your exams. While you may have had a system on test prep in high school and your general college-level exams, that likely needs to evolve for nursing school. Test preparation can help you be better prepared for your exam so that you are less stressed and potentially can earn a higher grade.

## How do I use it?

Follow these pre-test studying methods and tips for support in preparing for your upcoming exams.

### Distributed Practice

Study in chunks and in multiple sessions instead of trying to cram all information within one long multi-hour session. For example, if you need to study about 8 hours for a test, break up the 8 hours over a span of several days ([spaced repetition](#)). This allows for your brain to rest, avoid heavy fatigue, and to process information into your long-term memory over time.

Example:

- Day 1: Read and take notes.
- Day 2: Summarize all your notes and the reading, then combine them. Mix them up when you study ([interleaving](#))
- Day 3: [Practice teaching](#) someone the content. Draw [mind/concept](#) maps and create links between topics.
- Day 4: Draw or re-draw figures from memory. Take the notes and make a study guide.
- Day 5: Create practice problems or practice exams for yourself or with friends.

### Self-Testing Practice

Practice the material you will need to know for your exam by creating a practice test or create a learning session with friends to help each other self-test. Studies have shown that doing this a week ahead of your official exam can increase your exam grade. Self-testing is helping your brain to learn how to remember and retrieve information.

### Pre-Test Tips:

- Get enough sleep during the days leading to the test.
- Ensure you are eating the right meals. Add fruit, nuts, and complex carbs.
- De-stress with remedies like listening to music, taking a walk, or using affirmations.
- Be prepared with all materials you need and arrive early.
- Distance yourself from anxious people. Think positively in your own space.
- Can't shake the negative thoughts? Take a few minutes before the test and write them down.



## Video Resources

1 Week Test Prep Checklist  
<https://youtu.be/BbFj-4E22GU>

7 Day Test Prep Steps  
<https://youtu.be/6oyKH5WVE3U>

10 Tips on Test Prep  
<https://youtu.be/jYWfip7w5w0>