



Results indicated that highly test-anxious students showed a disadvantage in organization of course material, in comparison with other students. (Naveh-Benjamin, M., McKeachie, W. J., & Lin, Y. 1987)

The twelve myths of test anxiety:

Don't dwell on past testing failures; learn from them and leave them behind. Focus on past successes instead.

Have confidence in one's preparation plan.

Gather and organize the necessary supplies ahead of time

## Test Preparation

The most proven, yet least used, way to study for exams is practice tests. Sample questions allow one to assess one's retrieval success before the exam; areas of weakness are identified and addressed prior to taking the actual test. Students may make up their own questions, or they may answer questions on old tests or in the textbook or student workbook accompanying the text. Practice tests have many benefits. This strategy may be used to prepare for nearly any type of test. They help one to anticipate what the test may look like, reducing anxiety and stress. Practice tests are a valuable way to assess one's understanding of the information, distinguishing what is known and what needs to be learned. Writing one's own questions requires that one thoroughly understand and evaluate the information.

When used effectively, practice tests improve one's mental preparation for an exam, bolstering confidence and positive attitudes. Finally, writing and/or answering practice questions forces one to repeatedly review the material, which enhances memory registration and recall.

### Practice Tests

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Headspace [www.headspace.com](http://www.headspace.com)

Headspace is your guide to mindfulness for your everyday life. Learn meditation and mindfulness skills from world-class experts and choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, focus, and mind-body health. Build your practice your way with meditations for every experience level and lifestyle.

Insight Timer [insighttimer.com](http://insighttimer.com)

Sleep for insight timer also offers meditation courses for sleep. Improve your relationship with rest and sleep through the night with a number of courses that teach you how to: Sleep effortlessly, overcoming insomnia, Redefining approach to sleep, sleep with meditation and much more.

Calm [www.calm.com](http://www.calm.com)

Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule This app provides an avenue through which students are able.

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