Test Success is Up to Me!

- **Q-Up**
  - Access alpha state . . .
    - Whenever I’m learning—in class and at home.
    - Before I begin a test.
    - Whenever my thoughts wander during a test.

- **Circuit Learning**
  - Chunk and review to learn and retain new information.

- **10-24-7-10**
  - Review, review, review to reinforce learning and transfer information from short-term to long-term memory.

- **Test Affirmations**
  - Boost my attitude and my results on test day with an I-Can-do-it mindset!

- **Test Tips**
  - The week before: Stretch my study time and rehearse like it’s real.
  - The night before: Pack my bag and get a good night’s sleep.
  - The morning of the test: Eat a good breakfast.
  - Before and during the test: Control my state with affirmations and alpha state, jot down the big stuff, answer easy before hard questions, show my work, cut to the chase in essay answers.
  - After the test: Review test to get ideas for future success.