

You're halfway through the Spring 2021 semester so you know what that means...

MIDTERMS!

## **Ace that test without getting too stressed!**

**Practice like you test** → Take practice tests in a similar environment to what the real exam will be. This may mean timing yourself or being in a certain space.

**Come back** → If you don't get a question within 1 minute, circle it and come back to it after you've finished others.

**Take a break** → Whether it's flipping your paper over and taking a deep breath or walking to the bathroom.



**Look it over** → Even if you are exhausted by the end of it, look over your answers to make sure you are confident.

**Don't second guess** → Most times your first instinct is correct. Don't stress over going back and forth between answers.

**Make an appointment with the BUGS study skills tutor using the QR**

### **Tips on Taking a Test**

1. Practice like you test → When making yourself practice tests, take them in a similar environment to what the real exam will be. This may be timing yourself or being in a certain space.
2. Come back → If you don't get a question within 1 minute, circle it and come back to it after you've finished as many as you can.
3. Take a break → Whether that is flipping your paper over and taking a deep breath or walking to the bathroom- you have the time.
4. Look it over → Even if you are exhausted by the end of it, look over your answers to make sure you are confident.
5. Don't second guess → Most times your first instinct is correct. Don't stress over going back and forth between answers.