

## CPNRE Test Preparation

*For those students who are nervous or experiencing test anxiety, here are some helpful hints!*

### Preparation Can Help

Preparation is the best way to minimize irrational anxiety. Consider the following:

- Avoid “cramming” for a test. Trying to master a semester’s worth of material the day before the test is a poor way to learn and can easily produce anxiety. This is not the time to try to learn a great deal of material.
- Combine all the information you have been presented throughout the program and work on mastering the main concepts of the course.
- When studying for the test, ask yourself what questions may be asked and try to answer them by integrating ideas from lectures, notes, texts and supplementary readings.
- If you are unable to cover all the material given throughout the program, select important portions that you can cover well. Set a goal of presenting your knowledge of this information on the test.

### Changing Your Attitude

Improving your perspective of the test taking experience can actually help you enjoy studying and may improve your performance. Try the following:

- Remember that the most reasonable expectation is to try to show as much of what you know as best as you can.
- Avoid thinking of yourself in irrational, all or nothing terms.
- Reward yourself after the test – take in a movie, go out to eat or visit with friends.

### Don’t Forget the Basics

Students preparing for tests often neglect basic biological, emotional and social needs. To do your best, you must attend these needs. Think of yourself as a total person – not just a test taker. Remember to:

- Continue the habits of good nutrition and exercise. Continue your recreational pursuits and social activities – all contribute to your emotional and physical well-being.
- Follow a moderate pace when studying, vary your work when possible and take breaks when needed. Get plenty of sleep the night before the test – when you are overly tired you will not function at your absolute best.
- Once you feel you are adequately prepared for the test, do something relaxing.

## **The Day of the Test**

To be able to do your best on the day of the test we suggest the following:

- Eat well - Studies show that you need good nutrition to concentrate and perform your best.
- Bring the right supplies - Bring your HB #2 pencils and erasers. If you are sick, bring any medications, cough candies, Kleenex you may need.
- Review the whole test before you start- See how many sections and what types of questions are on the test.
- Read the directions - Never assume that you know what the directions say. For example, some questions may have more than one correct answer.
- Answer easy questions first - Answering easier questions may jog your memory about useful facts. You may also come across information that can help you with other questions.
- Identify key words - This will help you focus on the main idea of challenging questions. The test book can be used for rough work, highlight key words and write on the questions if needed.
- Rephrase difficult questions - To understand questions better, rewrite them in your own words, but be careful not to change the meaning.