**Before You Take a Test**
1. Actively use the CORE Method  
   a. Collect notes & readings  
   b. Organize into study materials  
   c. Rehearse materials over time  
   d. Evaluate your understanding and methods
2. Visualize Success
3. Prepare yourself physically and emotionally  
   a. No extra caffeine  
   b. Sleep well  
   c. Eat Healthy  
   d. Use Affirmations  
   e. Arrive on time but not too early  
   f. Don’t Talk and Test
4. Study for the type of test you’re taking
5. Study over time/Don’t Cram

**While You Take a Test**
1. Write an affirmation on the test
2. Preview the Test
3. Use DETER  
   a. Directions- read & understand  
   b. Examine- question types & number  
   c. Time- Plan out your time  
   d. Easiest- Do easy first  
   e. Review- check answers & directions
4. Be Test-Smart- Know the techniques for answering  
   a. True/False  
   b. Multiple Choice  
   c. Fill-in-the-blank  
   d. Short Answer  
   e. Essay  
   f. Math Problems
5. Leave nothing blank
6. If you get stuck, move on and come back
7. If you are confused, ask the teacher
8. Stay relaxed with Deep Breathing & Progressive Muscle techniques

**After You Take a Test**
1. Reward yourself  
   a. Dinner out  
   b. Talk to friends  
   c. Movie  
   d. Bubble Bath
2. Go over and study instructor’s feedback  
   a. Don’t just look at the grade  
   b. What your teacher says can make you stronger
3. Analyze your errors  
   a. What cost your points?  
   b. What can you change?
4. Use a Test Debrief to make a plan for the next test
5. Decide what study methods should be kept and what should change
6. Get help if needed

To retrieve blank worksheets:
FCC homepage>Library>Resource Guides>Student Help &Support>Study Skills