

Ten Tips to Tackle Tests

Glenda Christiaens, PhD, RN, AHN-BC
www.GlendaTheGoodNurse.com



Tip #1

Get some sleep!



What if I can't fall asleep???

After 30 minutes, get out of bed

Do something boring

Go back to bed when you get sleepy

Repeat as needed



How can I improve my sleep?

To Do List

- Get up the same time every morning
- 30-minute wind-down period
- Ritual
- Same jammies
- Dim the lights
- Void
- Regular exercise



How can I improve my sleep?

To Don't List

- Long naps
- Caffeine & nicotine
- Alcohol
- Messy bedroom



Progressive Muscle Relaxation



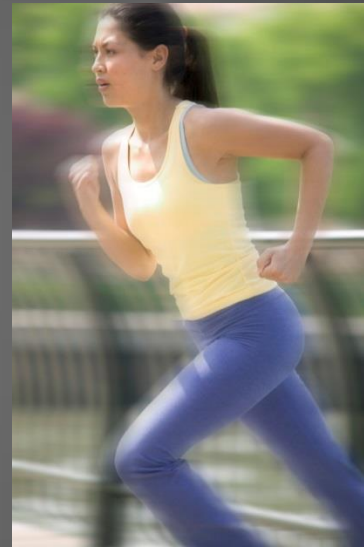
Tip #2

Regular Exercise



Why is exercise good for my brain?

1. Increased Serotonin
2. Clear thinking
3. Improved memory
4. Stress reduction
5. Increased energy
6. Increased immunity
7. It lets me eat more!



Jump in!



Tip #3

Hydrate



Tip #4

Laugh



Tip #5

Positive Self-talk



“If you can’t say something nice...
don’t say anything”

If you CAN say something nice...
SAY IT NOW



Tip #6 Relax

Take mini breaks throughout the day to focus on your breath

- Countdown: Count very slowly to yourself from 10 down to 0, one number on each outbreath. Breathe in, and on your first outbreath, say “10” to yourself. With the next outbreath, say “9,” working your way down to “0.” When you get to “0,” notice how you feel
- I am at Peace: On the outbreath think, “I am” and on the inbreath think “at peace.” Repeat several times. This is an excellent Mini to use while walking.



Tip #7 Study Every Day

50% is lost the first 24 hours

Study like you mean it

- Same location
- Same clothes
- Same snack
- Same marker color
- Same break time
- No cramming
- Clinicals don't count
- Link information to memories



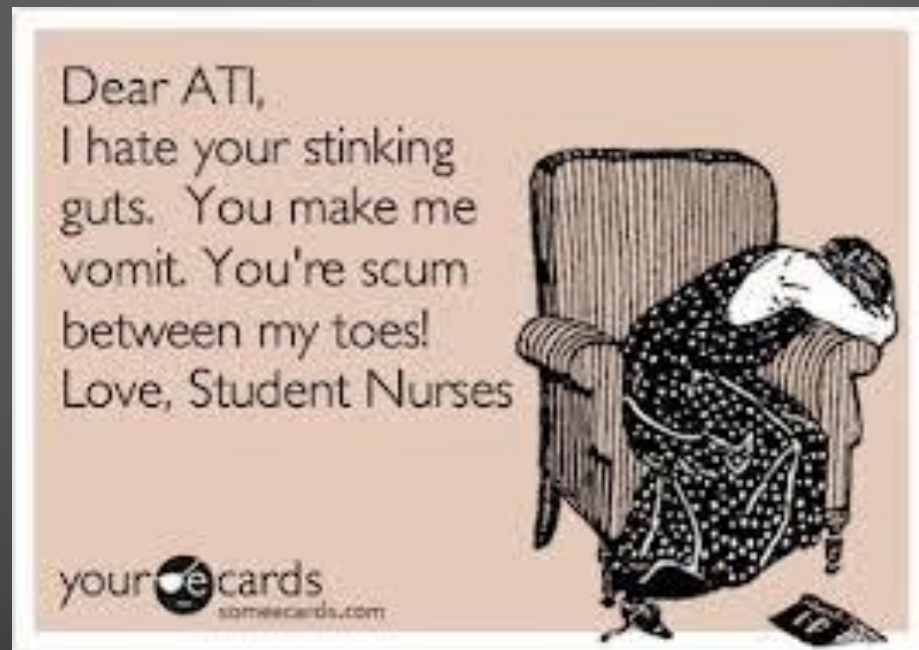
YIPPEE!

I GET TO STUDY!



Tip #8

Test with Confidence



Test with Confidence

Don't sit by an anxious person

Positive statements or question

- Why am I so ready?
- Why am I so confident?
- Why do I know all the answers?

Recreate your study environment

- Same clothes
- Same snack



YIPPEE! I GET TO TAKE THIS TEST!



Tip #9 Test with Relaxation

Sit in a comfortable position

Take 3 deep breaths with eyes closed

Visualize the answers coming easily.

Return to your breath with eyes closed as needed

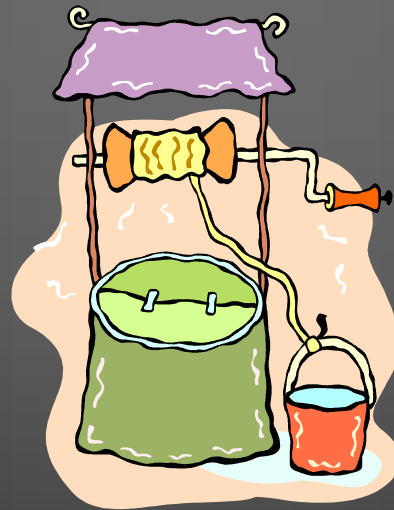


Body Scan



Tip #10 Fill Your Well

Identify what “fills your well”
and what drains you. Do what it takes to
keep your well filled and eliminate the
drainers.



Ten Tips to Tackle Tests

1. Get plenty of sleep	6. Relax
2. Exercise	7. Study every day
3. Hydrate	8. Test with confidence
4. Laugh	9. Test with relaxation
5. Positive self-talk	10. Fill your well

