

Academic Achievement Center of Johnson County Community College

“AFRAID”

“I’M NOT PREPARED!”

“ANXIOUS”

“UPTIGHT”



All of these are feelings associated with test anxiety. By being prepared for exams, some of these problems can be eliminated or eased.

HOW DOES ONE PREPARE FOR EXAMS?

Following are some *tips* on preparing for examinations:

1. **Read** the material assigned. Then review what you have read. Recite the material aloud.
2. **Ask the instructor** if the copies of any old exams are available; if so, study them.
3. **Join a study group.** A study group will be the most helpful if you have studied the material to be discussed before the meeting. (See AAC flier on forming a study group.)
4. **Create *mnemonic* devices** to help you memorize materials. A mnemonic device helps organize material so that it is easier to remember. Example: *HOMES* stands for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior).
5. **Use *concept maps*** to help organize information. Concept maps are word diagrams that visually show key concepts and details and how they are related.
6. **Attend** every class and take notes.
7. **Review** those notes regularly.
8. **Keep current** on all of your course work.
9. **Organize** your study time.

DON’T CRAM—BE PREPARED!

If you find yourself cramming for exams or suffering from test anxiety, stop by the Academic Achievement Center for information on AAC 100 Study Skills or AAC 101 Study Skills Mini Session.

ACADEMIC ACHIEVEMENT CENTER
OCB 304
913-469-8500, ext. 3320 or 4589

HOURS:

Fall & Spring:	Mon. - Thurs.	8:00 a.m. - 8:00 p.m.	Summer:	Mon. - Thurs.	8:00 a.m. - 8:00 p.m.
	Fri.	8:00 a.m. - 2:00 p.m.			
	Sat.	9:00 a.m. - 1:00 p.m.			