

## Counselor's Corner

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### Midterm Test Prep

On October 11 and 12 all of our students will take their midterm tests.

For some of them, it might be the first time they've had to prepare for a comprehensive test — a test that covers the material of an entire quarter. Just the thought of preparing for a test that big can be pretty overwhelming, so in FLEX last week, I talked about these tips to help them keep it in perspective:

1. None of the information on the test will be new; it's what you've learned in your class this quarter.
2. Every teacher will give you a study guide to help you prepare for the test, but it's up to you to **COMPLETE THE STUDY GUIDE** and then use it in your test preparation.
3. Many of us react to an overwhelming task by panicking, which then causes us to ignore it. **RELAX!** Any preparation is better than no preparation.
4. Sleep, eat, study, repeat. The best way to keep from feeling anxiety about a test is to start studying early. Also, it's important to get a good night's sleep and to avoid caffeine and sugar as consuming these will lead to a crash later.
5. Students should check with teachers if they are unsure about what to study. Their teachers want them to be successful.