

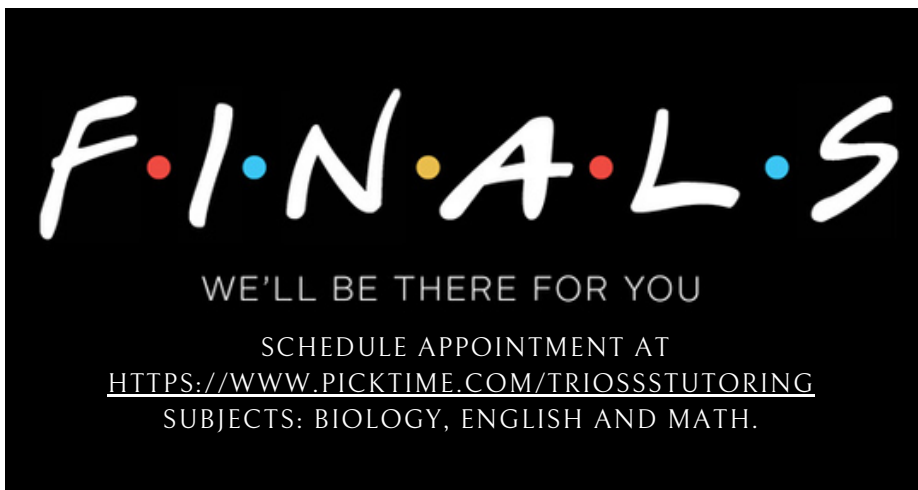
MAY 2022

The Bulletin

TRIO STUDENT SUPPORT SERVICES-BESSEMER NEWSLETTER

TEST-TAKING TIPS

- **Be prepared.** If you feel confident that you've prepped thoroughly, you'll feel more confident taking the test.
- **Read carefully.** Read the directions thoroughly and read all answers before making a choice or starting an essay. Find questions you can answer quickly to build confidence. Then go back and spend time on those you are unsure about.
- **Don't pay attention to what other people are doing.** Pay attention to your own test and pace. Forget about the other students in the room.
- **Watch the clock.** Stay on pace by looking over the entire test before getting started. Mentally allocate how much time you'll spend on each section. Be sure to recheck (if time permits) before submitting exam.
- **Focus on calm breathing and positive thoughts.** Deep breathing can help with test anxiety. It can slow down a beating heart or a racing mind. Remember, you've done the work. You can ace your finals. You've got this!



FINALS

WE'LL BE THERE FOR YOU

SCHEDULE APPOINTMENT AT
[HTTPS://WWW.PICKTIME.COM/TRIOSSTUTORING](https://www.picktime.com/triosstutoring)
SUBJECTS: BIOLOGY, ENGLISH AND MATH.



**"TRIO CARES." Stop by Room 202
for your pre-packaged finals
wellness bag!**



TRIO

#wearessbessemer
sssbessemer@lawsonstate.edu