

Peak Performance

Chapter 7 - Test Taking

- I. Preparing for the Test**
- II. Test-Taking Strategies**
- III. After the Test**
- IV. Taking Different Types of Tests**
 - A. The Objective Test
 - B. The Essay Test
- V. Last-Minute Study Tips**
- VI. Overcoming Test Anxiety**
- VII. Preparing for a Performance Appraisal**