Peak Performance: Success in College and Beyond

CHAPTER 7

Performance Strategies

Test-Taking Preparation

- Prepare early.
- Clarify expectations.
- Observe and question.
- Review.
- Rehearse by pretesting yourself.
- Study with your team or partner.
- Organize yourself.
- Move through the test quickly.
- Reread, recheck, and reward.
- Analyze, assess, and reprogram.