

# After Testing Strategies

## **Don't dwell**

It is ok to go back to your notes and check to see if you got something correct, but if you didn't don't dwell. The test is over and you cannot fix it. Make a note of the correction, but move forward. Don't hold on to it and be angry with yourself.

## **Rewards!**

Reward yourself. Regardless, of how you performed on the test, be sure to allow yourself a simple pleasure for all your hard work.

## **Relax**

Don't start to study for your next test immediately. Give yourself a little time to decompress.