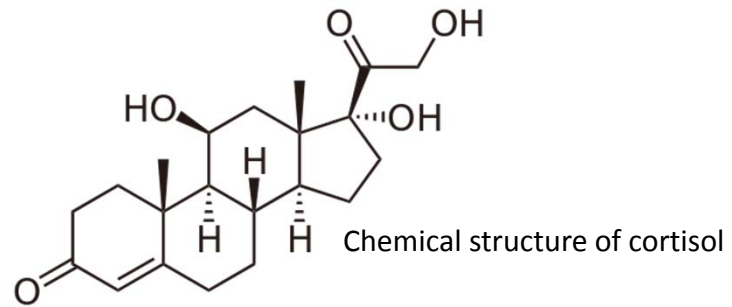


# **4-7: Final helpful hints for tests**

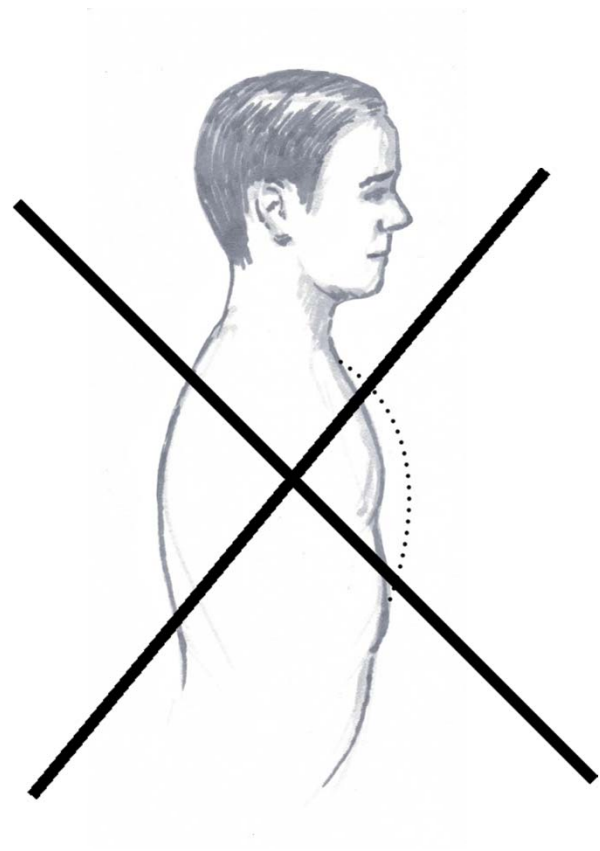
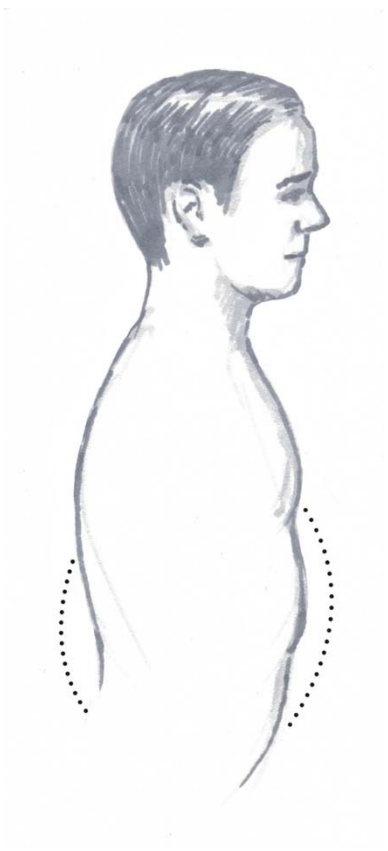
By Barbara Oakley, PhD

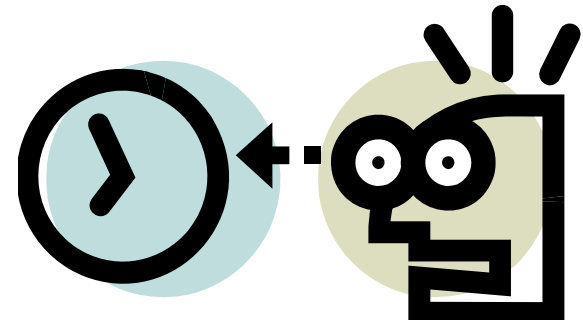
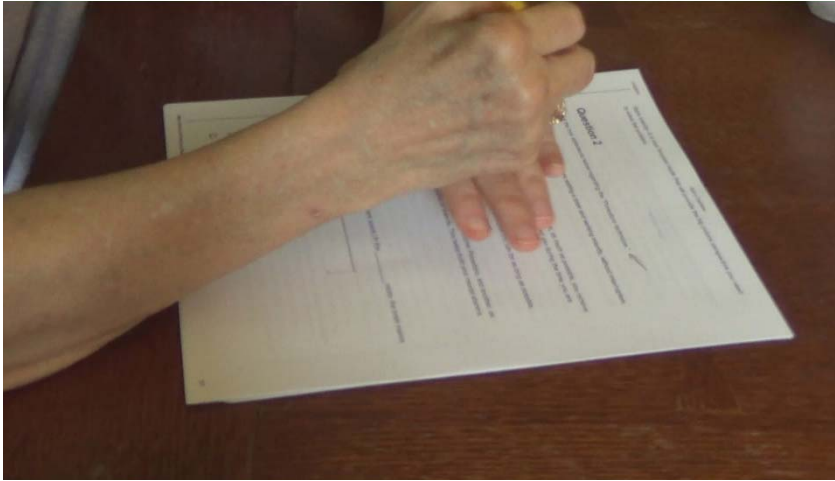


### How you interpret!

This test has made me afraid

This test has made me  
excited to do my best!



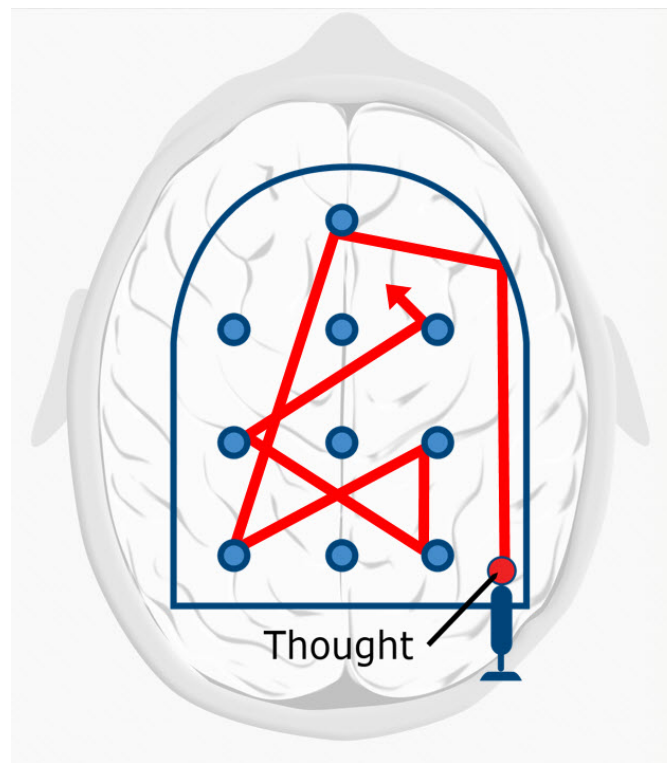
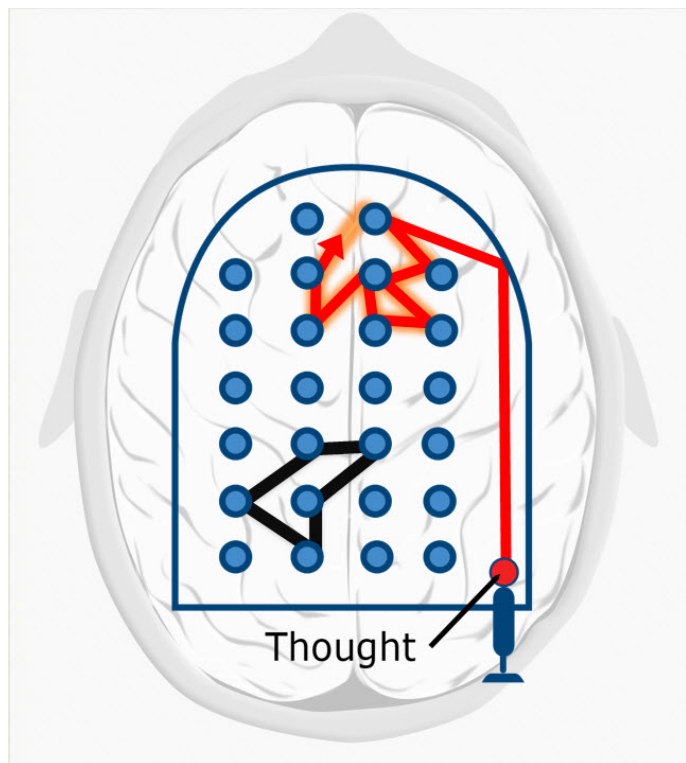


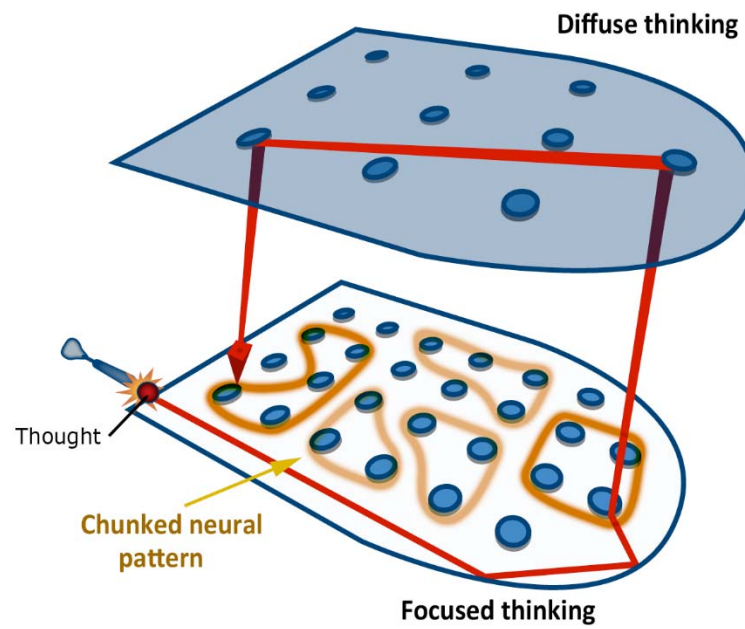
Face your fears

Have a “Plan B”!

“Good worry”

“Bad worry”





### Illustration credits

- Chemical structure of cortisol, by Calvero, <http://en.wikipedia.org/wiki/Cortisol#mediaviewer/File:Cortisol2.svg>
- Breathing, ©Rachel Oakley, 2014.
- Hands courtesy Barb Oakley
- Various neural pinball images ©Kevin Mendez, 2014.
- Clip art courtesy Microsoft Corporation

### Relevant Readings

- Beilock, S. (2010). *Choke*. NY: Free Press.
- Jerath, R., Edry, J. W., Barnes, V. A., & Jerath, V. (2006). Physiology of long pranayamic breathing: neural respiratory elements may provide a mechanism that explains how slow deep breathing shifts the autonomic nervous system. *Medical Hypotheses*, 67(3), 566-571.
- Nakano, T., Kato, M., Morito, Y., Itoi, S., & Kitazawa, S. (2012). Blink-related momentary activation of the default mode network while viewing videos. *PNAS*, 110(2), 702-706. doi: 10.1073/pnas.1214804110
- Paul, G., Elam, B., & Verhulst, S. J. (2007). A longitudinal study of students' perceptions of using deep breathing meditation to reduce testing stresses. *Teaching and Learning in Medicine*, 19(3), 287-292.
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