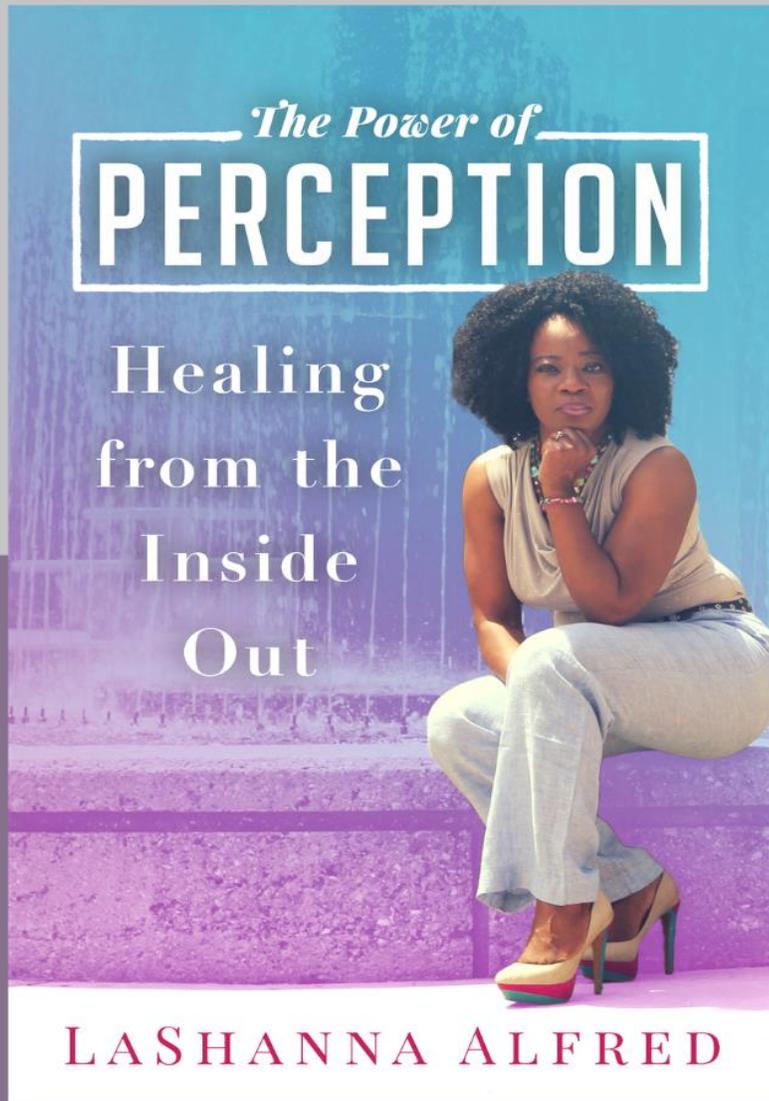




U Change Consulting Presents

TEST TAKING TIPS



About Me

LISW-S

CEO

WIFE

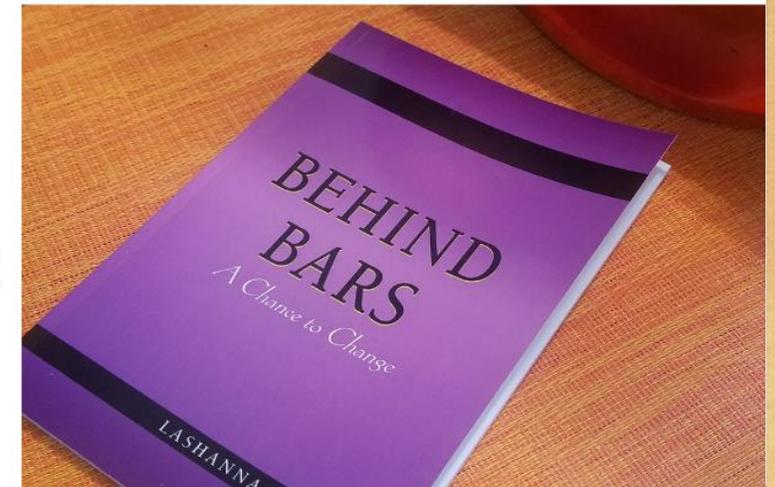
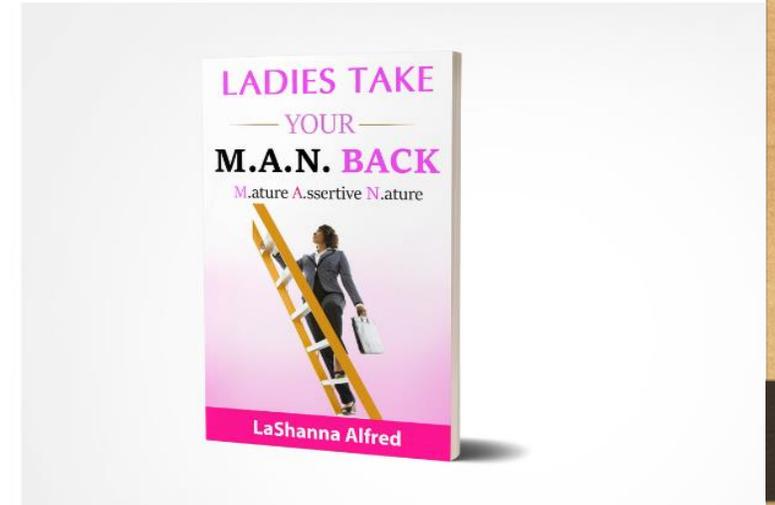
MOTHER

3X AUTHOR

ADJUNCT PROFESSOR

LIFE COACH

6 FIGURE SOCIAL WORKER



No More Excuses!

Starting now, you will never underestimate your potential. You are pure potential. Never again make the excuses regarding your abilities, your talents, your creativity, your power, your intelligence, your ability to study, your ability to memorize, your ability to retain information, and your ability to pass tests.

Change Your Story

High expectations require that you must show up. Everyday you must allot one hour to study. Everyday you must be committed to exercising your brain just as you would take time to exercise your body. Everyday, demand the best for yourself. This requires that you pay attention to your old, negative dialogue. Stop it! Change it! If you tell yourself you are terrified of taking tests, you will be terrified. If you think you will fail, you will surely fail. People who are successful have high expectations. They think strong and powerful thoughts. They expect their dreams to happen. They understand how thoughts work for them.

The Choice Is Yours

Change your story. See, sense, and feel yourself very confident, very certain of your new ability to study, and ultimately pass your test. Hear your inner voice say “I can do it. I am capable and intelligent. I choose to no longer indulge in negative thoughts, feelings, or actions”.

Tips To Studying

1. Study in the same place every time. This will alert your self-conscious mind that it is time to study. It will maximize your ability to focus and retain what you have studied.
2. Study at the same time. No more procrastination, no more lack of discipline. Be committed and stick to it. Let nothing stand in your way. Don't get sidetracked. Just do it! A solid, uninterrupted 60 minutes a day devoted to study is all that is asked. Do not study more than 60 minutes a day. Studies show retention and attention start to drop after an hour.

Tips To Studying

3. Learn to Track. Tracking is utilized by using an index card on the page you are reading. You will cover every sentence below the sentence you are reading and then just move the card one sentence at a time. This method will slow you down and keep you focused on what you are reading. Tracking should be used during testing as well, by covering up the answers to the question. This gives you the opportunity to dissect the question without the lure of the answers.

4. Breathing 7-11: When you sit down to study or take the test, sit up straight, close your eyes and take a deep, relaxing breath. Inhale belly out. Open your mouth slightly. Exhale as slowly as you can. As you do, think of 7-11. Inhale the count of 7 and exhale the count of 11. Do this three times. Deep, relaxing breaths. Take your time.

Three Senses

You are now using three of your senses while studying- visual, auditory, and kinesthetic. This will enable you to absorb and retain information that you are taking in. Practice seeing, hearing, and touching.

The “F” Word

Starting now, you agree not to use the “f” word. I am not talking about THE “f” word!!! I am talking about failure. NO MORE F WORDS.

No Failure

No Fear

No Frustration

No Frenzy

Let go of all your scary, negative thoughts. Let go of thoughts that weigh you down. Develop a new and positive mindset.

Keys To Success

Things To Keep In Mind

- The tests are national tests. The content in the test must be true everywhere within the United States.
- The tests cover a wide variety of content, not a deep amount of the content.
- There are three types of questions: Fact/Recall, Application, and Reasoning.

Keys To Success

1. Specifiers: The clues to what the questions are asking are in the stem of the question. Find the key words: next, first, not, always, etc. Forget the fluff.
2. Safety always takes precedence.
3. Remember the sequence of events: Engage, Assess, then Act.
4. Discovering the concept or the theory will lead to revealing the link to the correct answer.

Keys To Success

5. Focus fights anxiety. Correct, deep breathing will lessen anxiety and will sharpen focus.
6. Repeat to yourself: What are they asking? Which words in the stem are the clues to follow? Which answers can be eliminated? Which answer links most closely with the word clues?
7. Confidentiality trumps common sense.
8. Social Workers are kind, patient, and do not fight amongst selves.

Keys To Success

9. Client sets the agenda, except where client safety is concerned.
10. Impaired Co-worker: Who do you talk to first? Directly to supervisor? To the Board?
11. Organization's hierarchy: follow the chain of command.
12. Suspicion of child abuse: report, don't investigate.
13. Behavioral signs of addiction must be addressed.
14. Physical symptoms: refer to medical or doctor to rule out.

Keys To Success

15. Read the question carefully! Take 90 seconds to read, reason, rule out, link and answer the question. Do not look at answers until you have done the previous statement. Use tracking method to keep you straight.

16. DON'T PANIC. No one knows all the material. Study diligently and with intention. You will know enough to exceed the expectation if you do so. The focus is passing. No one will know or care about your score.

17. Do not add stuff to the questions. Forget the fluff. Do not place extra scenarios or events in the question. Answer the question straightforwardly. "Maybe, maybe if...."

Keys To Success

18. Identify the difference between two right answers.

19. As a rule, don't flag questions. Only flag questions when you don't know the basic concept (recall) or when you can't choose between two "good" answers.

20. Anxiety: know yourself. Prepare and adapt. Know how to control your anxiety on test day.

21. Each question is separate. Don't link questions together. They are separate entities and have nothing to do with each other.

Keys To Success

22. Answer every question. Guess, not recklessly, but thoughtfully.

23. Too many flagged questions is no Bueno. Fatigue is the enemy after three and a half hours of test taking, trying to answer a ton of flagged questions.

24. Watch time, take breaks, and don't forget to breathe.

25. You have the potential to take it to the next level. You can do this. You will do this. You will pass the exam.

Test Day!

Visualize yourself on test day. This is it! Today is your day! You have had a good nights sleep. You are rested and ready. You will have a light breakfast and drink plenty of water. You understand the importance of nourishing your brain and body. You have put your clothes out the night before. Its time to get dressed and ready. You feel exhilarated, confident and ready to go. Its **GAME TIME!** You are empowered, well equipped, and able to pass with no problem.

Pump Yourself Up

On your way to the test, you will empower yourself with positive thoughts. You will tell yourself:

I can do this.

I know all I need to know.

I have done the work.

My commitment is paying off.

My long hours of studying are paying off.

I can handle this.

I am satisfied with myself.

I can hardly wait to get started.

I will pass this test.

Just A Couple More Things...

breathe, Breathe, BREATHE!

Oxygenate your brain!

Get focused!

You believe in you!

I believe in you!

Call me when you walk out of that test center and tell me you passed.

Celebrate your success.

You have achieved the next level!!!

I am SO PROUD of YOU!!!

For More Assistance

We have a coaching program that has 100% success rate for those who follow the steps completely.

This Includes:

- 5 Live coaching sessions
- Free Test and Some Materials
- Private FB group for Support/Q&A
- Valued at \$599 but with this purchase only \$299