**Journal Entries Chapter 7  
College and Career Success, 7th Edition Concise  
Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. Write one paragraph about the ideal way to prepare for a major exam such as a midterm or final. Consider these factors while thinking about your answer: attendance, distribute the practice, time management, review tools, predicting test questions and the most efficient way to review.
2. Write one paragraph about the most common mistakes students make while getting ready for an exam.
3. You have a friend who prepares for exams, but suffers from test anxiety. Review the section on test anxiety and write a one paragraph e-mail to your friend with some ideas on dealing with test anxiety. Consider both physical and mental preparation as well as some relaxation techniques that can be helpful.

I am taking a college success course and the book has some ideas on dealing with test anxiety. The book suggests . . .

1. You are enrolled in a math course that is required for graduation and want to make sure that you are successful in this course. List and briefly explain five ideas that will help you to be successful in this math course.
2. Of course it is a good idea to be well prepared for exams, but there are times when you will have to figure out the answer or even make a guess on the correct answer. Review the section on “Taking Tests” and list five ideas for guessing that you can try in the future.