

- P. PRACTICE, PRACTICE, PRACTICE.
- R. REPEAT THE ABOVE.
- E. ELIMINATE DISTRACTIONS WHEN STUDYING.
- P. PASS IT UGLY.
- A. ATTITUDE.
- R. REACH OUT TO OTHERS; FIND MULTIPLE RESOURCES
- E. EFFICACY- DO YOU BELIEVE?



"I've gotten over my fear of tests, but now I seem to have developed studying anxiety."