

SURVIVING THE CERTIFICATION EXAM:

Strategies To Make Your Experience as Stress-Free As Possible.

BEFORE THE EXAM:

- Be conscious of your own preferred learning style, and tailor your study schedule (and physical study spaces) accordingly.
- Do everything in your power to maximize your study time. This includes delegating work/family responsibilities, carrying books or study notes on business trips, saying “no” to new projects, etc.
- Make sure you arrive on campus before the exam: in other words, you should already be in Teachers College on the morning of the exam, not in an airport or on I-95!
- Practice makes perfect. Practice sitting in one place for three hours without getting up. Practice typing on a full-sized keyboard. Practice writing while surrounded by ambient noise. If you don’t know where the test room is, practice getting there while you’re on campus for the June session.
- Delay “experimentation” with new study skills, new foods, new people, and/or new modes of transportation until after the exam.
- Though it may seem contradictory to the previous point, I would recommend adjusting your eating and/or sleeping schedule over the next few weeks (for example, if your “norm” is to wake up at noon on Saturdays...).
- If you do not know how to send e-mails with attachments, then this is the time to learn. (You’ll have to email your exam answers).

ON THE DAY OF THE EXAM:

- Turn off your phone, and keep it as far away from you as possible! Resist the temptation to check your messages/emails/texts during lunch.
- Invest in earplugs: some of your AEGIS colleagues type more loudly than others. Others might talk to themselves out loud.
- It might be a good idea to use the bathroom just before beginning the exam, so that you have the full three hours available to you each session.
- Do not freak out if the person next to you is typing at breakneck speed, biting their nails, finishing 40 minutes ahead of you, or doing other things that have the potential to distract you. “Run your own marathon”.
- If you see that the second question is easier for you to answer than the first, then go ahead and start with the second question. You’ll save time and build confidence.
- Give yourself extra time for any pre-exam rituals (listening to music, cigarette, earnest prayer, etc.).
- Don’t carry the morning into the afternoon! Try to keep focused on the questions in front of you, not the questions you already submitted.