

Test Taking and Study Habits

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Induction

You have come to see me today in your quest to improve your study habits so as to enable you to excel at test taking... any tests that we have to take are but little steps on the ladder of life... all those steps leading us to one day being the success at our chosen direction that we wish to achieve...

In order to move ahead and take those steps we must first be relaxed in both body and mind... Relaxing our body and mind ensures an open attitude to new ideas and information... ideas and information that lead to better study and better results... so, before we attempt any effort... we first relax body and mind... before undertaking any study or taking any test you will always take time to relax... relax your body... and your mind...

The best way to relax is to focus on a body part... feel that body part... and then to just... let it go... feel it in your mind... fully aware of it's presence... and then to let it go... this is always the first step... to relax your body completely...

Let's do that right now... let's take that first step... start with the top of your head and work all the way down to your toes... feeling each body part... and then just letting it go... completely... relaxing as you go... feeling the top of your head... your scalp... relaxing and letting it go... your forehead... relaxing all those muscles in your forehead and around your eyes... your nose and your cheeks... enjoying that feeling of letting go and relaxing... as you now let all those muscles around your mouth come to your attention... you relax them and let them go... your jaw and your chin... relax and let go... let those muscles in your jaw relax... all tension gone... as you can now move down to your neck... feel it... relax it and let it go...

Moving down to your shoulders... let your shoulders slump and relax... and now focus on your arms... the upper arms... forearms... wrists... hands and then at last the fingers... focusing... feeling... relaxing and letting go... arms now completely limp at your sides... perfect...

Let's move to your torso... your chest... all the muscles in that chest of yours... letting them go and relax... your stomach and abdomen... beautiful to relax them... and now feel your back... all the powerful muscles in your back... up and down your spine... upper and lower back... all now perfectly relaxed... feeling calm and relaxed... as you now let your hips relax... how easy this is... how nice it feels...

Your legs... your thighs... the upper legs... feel, relax and let go... your knees, and

calves... completely relaxed... your feet and finally your toes... your body completely relaxed and at ease as your mind relaxes deeper and deeper down... all tension gone... more and more relaxed... deeper and deeper...

Deepener

Just letting your mind float and drift... the key to all learning is the ability to allow the information in... this is always achieved by relaxing the body and then the mind... relax the body and the mind stills... allowing the knowledge in... relaxed and calm... rest before work... let's take that second step now and fully relax the mind completely... all the way down to a deep, relaxed, restful, and calm state... that will always open your mind to all knowledge...

In a moment I am going to say some magic words... and as I say each magic word you will relax deeper and deeper down... these are key words that will always allow you to adopt excellent study habits and to take and pass tests with ease and confidence... as I say each word you will relax ten times deeper than the word before as you savor the meaning of each word... and allow them to sink into your subconscious mind and become part of you...

Belief... calm and relaxed...

Preparation... letting yourself go...

Effort... deeper and deeper down...

Focus... mind letting go completely...

Confidence... ten times deeper down...

Reward... calm, relaxed and very comfortable...

Rest... deeper and deeper...

Opportunity... more and more relaxed...

Excellence... letting yourself go...

Success... all the way down...

Knowledge... more deeply relaxed than ever before...

Facts... completely and totally relaxed...

Deeply relaxed now as you allow yourself to sink deeply into the chair and allow

your mind to open to new ideas about yourself... and as you allow these new ideas about yourself to sink ever deeper into your mind... a new awareness of your abilities presents itself to you... you are calm, relaxed and comfortable...

The Script

You are always very focused when you prepare to take any test... you love to study and to prepare... you are excellent at blocking out all distractions... you never tire in your study because you have the habit of taking regular breaks to relax your mind... you diarise plenty of time to prepare and study for all of your tests and exams... you prepare with confidence and enthusiasm... you know that you will do well because you have prepared well... you take responsibility for yourself... and your actions...

You never, ever give up... you have what it takes to be a success at whatever subjects you have chosen... and you always choose well... you are committed to expanding your mind and reaching for the top of your chosen field... your studies and your efforts are making you a better person... you know that all the right doors open through your academic efforts... you believe in yourself... you trust in your own abilities... you know when to go... and when to let go...

You continually challenge yourself... you enjoy big challenges... you consistently break your own barriers... you love to prepare and study hard... you are a successful student... you have the power to learn and to understand anything that comes before you... you quickly understand the big picture... breaking it down into easily doable smaller chunks... you are a great organizer...

You always take the time to take care of yourself... exercise refreshes the mind... you make the time to exercise the body so that your mind has time to rest and recuperate... to refocus when tired... you eat well... lots of healthy foods in your diet... salads, vegetables and quality protein... especially fresh fish... eggs and meat... you eat like all the champions do... you eat to win... you drink plenty of fresh water... you always get eight hours of quality sleep each night...

You will diarise special times each week to keep up with the social side of life... you will make sure that your friends are always a part of your life... you are confident in asking your friends for help whenever you feel that help is needed... help with question and answer study time... friends who will just be there for you... to help you through tough times...

From this day forward you will have belief in yourself... trusting in your own abilities... you will focus and take every effort in your test preparation... you are a confident person who studies hard but you reward yourself when opportunities present themselves by resting from your hard work... excellence and success have become two of your favorite words... you constantly strive for both... you will always deeply research your topics... memorizing all the relevant facts with absolute ease...

you are a high achieving test taker whose amazing study habits always result in success at everything you do...

The Awakening

Letting your mind float now... completely calm and relaxed... in a moment I will count down from 5 to 1... and on the count of 1 you will awake feeling refreshed, invigorated and ready to fully realise the great test taker that you are because of your success oriented study habits...

5... completely calm and relaxed...

4... body beginning to stir...

3... mind starting to awaken...

2... eyes starting to open and...

1... eyes wide open... awake, refreshed and invigorated.