

State Board & Licensing Exam

Study Timeline Using The A.T.T.A.C.K. System; *TUTORs*

-My test date is: _____
(Write your test date here)

-Time of Test: _____

-Location of Test: _____

-Three weeks (21 days) before my test date is: _____
(Write the date that is 21 days before your test date here)

-I commit to using the *TUTOR* 4 times a week for 3 weeks before the test.

3 Weeks Prior To Test

Check 4 days that you will take a mock exam using the *TUTOR*.

___ Sunday
___ Monday
___ Tuesday
___ Wednesday
___ Thursday
___ Friday
___ Saturday

2 Weeks Prior To Test

Check 4 days that you will take a mock exam using the *TUTOR*.

___ Sunday
___ Monday
___ Tuesday
___ Wednesday
___ Thursday
___ Friday
___ Saturday

1 Week Prior To Test

Check 4 days that you will take a mock exam using the *TUTOR*.

___ Sunday
___ Monday
___ Tuesday
___ Wednesday
___ Thursday
___ Friday
___ Saturday

AREAS I NEED TO REVIEW:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

How To Use

Study Outline

The ATTACK Systems *TUTORs*

To Increase Your Chances Of Passing The STATE BOARD & LICENSING EXAMS!

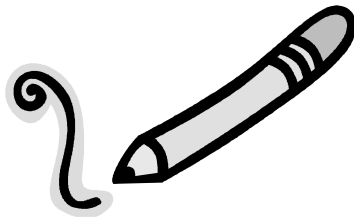
Check Out All
Of Our Cosmetology
Software at:
www.attacksystems.com

Cosmetology *TUTOR*
Instructor *TUTOR*
Nail *TUTOR*
Esthetician *TUTOR*

Recommendations

and

Study Tips...



DID YOU KNOW?

More than two-thirds of students who do not pass their state board exam fall short by less than 10 points! Using the ATTACK Systems *TUTORS* can provide those additional few points needed to successfully pass the test!

HOW CAN I SCORE HIGHER ON MY EXAM?

It's a proven fact that students with better study skills and strategies score higher on their exams! You can make a plan to increase your chances of passing by doing the following:

- Preparing Mentally For The Test
- Use the ATTACK Systems *TUTORS* As Directed
- Reducing Test Anxiety
- Utilizing Test Taking Strategies

Please review the rest of this pamphlet for more information on preparing for your exam!



Preparing Mentally For The Test And Reducing Test Anxiety

- The best way to reduce test anxiety is to be prepared.
- Maintain a positive attitude while preparing for the test.
- Make a plan using the Study Timeline on the back of this page.
- Get a good nights sleep before the test.
- Don't stay up all night cramming before the test, get at least 6-8 hours of sleep before the test.
- If it is permissible and you are easily distracted by noise, take ear plugs along to deaden any distractions.

Using the *TUTOR* As Directed

- Start using the *TUTOR* anytime, however you should start using it no less than 21 days before your scheduled exam.
- Take a mock exam using the *TUTOR* at least 4 times a week.
- Make sure to print any missed questions for further review.
- As you read questions on the *TUTOR*, visualize and formulate a picture in your mind of what is happening in the information presented.
- Complete the Study Timeline on the back of this page.

Utilizing Test Taking Strategies

- It's important to stay relaxed.
- If you begin to get nervous, take a few deep breaths to slowly relax.
- Read the directions slowly and carefully.
- Read the questions and answers carefully one time and then go back and read them again.
- Read all the answer choices before answering.
- Lapses of memory are normal. If you "go blank" on a question, go on to the next question and then come back to the one you skipped.
- Don't worry if you see other people finishing their tests...everyone proceeds at their own pace...just concentrate on your own test.
- Qualifying words like "never," "always," and "every" mean that the statement must be true all of the time. These types of qualifying words usually lead to false answer.
- Answers that seem sarcastic, illegal, prejudicial, or in poor taste are probably incorrect.