

Max Brain Power!

1) List your strongest MIDAS™ main scales and specific skills:

<i>Main Scales</i>	<i>Specific Skills</i>
#1 _____	_____
#2 _____	_____

2) Review **MI Inspired Study Strategies** in your top two main scales. Mark 2 favorites each.

<i>Favorite</i>	<i>#</i>	<i>Favorite</i>	<i>#</i>
A _____	_____	C _____	_____
B _____	_____	D _____	_____
Other _____			

Rank *Favorite* strategies from 1 to 4.

What class / topic / issue will you most benefit from this **Super Strategy**? **Concerns:**

__ anxiety __ organization __ time __ energy __ fatigue __ studying __ understanding
__ reading __ tests __ fear __ writing __ focus __ motivation __ mood __ communication
Other _____

Achievement Paths

GOALS

MI Strategy

1. **Input:** Attention / Memorize

2. **Understanding:** Processing / Ownership

3. **Output:** Essays, Test Taking

Can you think of a creative way to combine any of them in one (or more) Super Strategy?

When will you use these MI strategies? Daily _____ Weekly _____

Who can help you / how? _____

Which of the **Ten Test Taking Tips** do you MOST need to do?

How will you know when these Strategies are working for you?

Which of the **Stress Organization Strategies** do you MOST need to do?

How will you know when you need to use these strategies?

What else can you do to be your own best friend during the coming semester?

Ten Terrific Test Taking Tips

- #1. **Use MI strengths!** Study content / skills using your MI strength(s).
- #2. **Read the teacher's mind.** Predict what s/he thinks is most important that will be on the test.
- #3. **Test yourself first!** Take a practice test (or two?). Sort out what you know from what you don't and focus your study efforts on those areas. Study the design of the test format.
- #4. **Visualize victory!** Mentally picture yourself completing the test with a high grade! Visualize your test paper clearly and in full color detail with all the correct answers and a high grade on it.
- #5. **Time yourself!** Practice managing your time well during practice test taking.
- #6. **Fear not!** Use relaxing, peaceful, imagery during the test to reduce anxiety. You may also "hear" the sounds that bring you peaceful, calm confidence—nature sounds, favorite music, etc.
- #7. **Pep talk!** Use silent "self talk" to encourage yourself, boost confidence and rehearse information. "Hear" the voice of your best friend (or tutor) cheering you on during the test.
- #8. **First things first!** Focus on what you know and what is most important on the test first. Then logically analyze and think through the questions that are more difficult for you.
- #9. **Breath slow & easy!** Use deep breathing and focus your attention on slowing down your breathing.
- #10. **Energize!** Transform "anxiety" into positive energy you need to perform at your very best!

Highlight 1 or 2 that you want to remind yourself to do.....