

Tips for TEAS and HESI:

1. Know the requirements for the application, due dates, if school needs HESI or TEAS results (if you can take it twice and won't be docked points in the point system, for example)
2. Create an account by going to atitesting.com (for TEAS) or evolve.elsevier.com (for HESI)
3. Schedule your testing date/s (at least one month before the application deadline).
 - Choices of in-person testing, online, etc., so know the required materials and computer/device requirements, browser requirements, built-in calculators, etc. if you take it online
4. Overprepare for the exam
 - Buy the mailed review booklet
 - Buy two online practice exams (plus SmartPrep for TEAS if possible)
 - Buy review materials from ATI and/or Elsevier (since they are the ones giving the exams)
5. Complete the first online practice exam
 - Go over each question as you complete the online practice exam and take notes of each question and the correct answers
 - Identify your weakest and strongest sections
 - Start studying with your weakest section first and study the strongest section last
 - Go over your notes of the online practice exam questions and answers at least 3 to 4 times
6. Study the mailed review booklet; go over it 3 to 4 times
 - Identify your weakest and strongest sections
 - Start studying with your weakest section first and study the strongest section last
 - Go over the practice booklet at least 3 to 4 times
7. Complete the second online practice exam
 - Go over each question as you complete the online practice exam and take notes of each question and the correct answers
 - Identify your weakest and strongest sections
 - Start studying with your weakest section first and study the strongest section last
 - Go over your notes of the online practice exam questions and answers at least 3 to 4 times
8. Math section:
 - Read the word problem twice
 - Pay attention to the units if they need to be converted first
 - Solve it
 - Read the question again
9. Science may also include genetics, so please know the following:
 - Punnett square (by using it in solving monohybrid inheritance/cross)
 - Allele
 - Gene
 - Genome
 - Genotype
 - Phenotype
 - Homozygous
 - Heterozygous
 - Dominant trait
 - Recessive trait
 - Mutation
 - Adaptation
 - Natural selection
 - Mitosis (importance of mitosis and stages and events of mitosis)

- Meiosis (importance of meiosis I and II and events)
- Chromosome
- Sister chromatid
- Homologous chromosome
- Cell cycle
- Interphase
- Haploid
- Diploid
- DNA replication
- Transcription
- Translation
- Genotypic ratio
- Phenotypic ratio

10. Before the exam starts, ask if you have a choice to choose which section to complete first; complete your weakest section first and your strongest section last

HABITS:

- don't study on your bed
- don't procrastinate
- don't cram
- organize notes, handouts, etc. after each class (date each day's notes & put in chronological order; have one notebook for each class; classify information into categories)
- review your notes daily
- use a planner to schedule study time, errands, etc. (break large assignments into smaller pieces)
- get at least 7 to 8 hours of sleep
- eat breakfast
- get exercise
- learn to meditate (refocus your mind for 2 minutes, then 5 minutes, then 10, then 20 minutes daily)
- make time to relax & have fun
- reward yourself for meeting realistic goals

Strategies before & during a test:

- have a positive mental attitude
- forget about negative thoughts
- exercise regularly (but should not be exhaustive)
- maintain your usual daily routine (do not stay up late the night before a test)
- make a list of the things you need for the test & collect the items the day before the test
- allot more time for travel to testing area & arrive early for you to be able to eat & use the restroom
- arrive early at the test site & choose where to sit in the room (preferably near the proctor or test administrator to hear directions & avoid distractions)
- use relaxation exercises (with daily practice)
 - diaphragmatic breathing, such as sighing, but in a smooth, slow, & just a few times with intervals in between; contract & relax each muscle while seated comfortably
 - use imagery while relaxing on a chair & close your eyes
- Anxious before or during a test? – pause, make a few slow deep breaths while eyes are closed, think of happy/positive thoughts, & tell yourself that if others can do it, you can do it, too!

- manage time effectively, especially during a test (if allowed, answer easy questions first then go back to the hard ones later & do not leave questions unanswered – if you don't know the answer, just make an educated guess)
- pace yourself
- read all answer choices
- eliminate answers that are silly or clearly incorrect
- do not leave any question unanswered; if you do not have any clue, just make an educated guess
- once done answering the test, go back to review the answers (if they allow you)
- use the remaining testing time to review your answers (if they allow you)