

The material consist in chapter 9 are preparing for a test, also must attend every class, schedule a time and a place for studying with no distractions, it is important to used test review tools like flash cards, summary sheets, mind maps, and study groups. It talks about the ten rules for Success, dealing with test anxiety some anxiety can be a good thing. Studying fore math tests, tips for taking test and how to be prepared for when taking a test.

The material consist in chapter 10 is understanding your personal communication style, becoming familiar with your personality types, communication for success, and problems in communication, how to be a good listener, helpful communication in a crisis situation, and the language of responsibility, and words are powerful, negative self –talk and barriers to effective communication, learning how to deal with conflict. College provides the opportunity for you to make new friends and roommates can be a challenge.