

or five hours on that particular course for each lesson. I prepared more fully than I have for almost any class in my life. I put a great deal of time getting that book almost verbatim before each class. But once in a while I would find that something would happen and I was unable to do any~~thing~~ preparation at all. Then I would go to ~~g~~ class and I would make the best recitation that I had made in the previous month or so. I found that in the times I had not prepared at all, I did better than the times when I had. I was right -- I had prepared so recently before the class that I never was at my best except when I had a relaxed mind and then I was able to gather together what I had prepared over a period and to utilize it.

And that brings us to a second point, in connection with handling stress. It is to relax as far as possible in a time of stress. I believe it is important not only that we prepare in advance through the semester, but it is good to make special preparation at the beginning of the examination. Read over the questions immediately. I have known many cases where a paper is turned in. Somebody has read the question; misunderstood the question; written an answer to it, and then gotten along to the third or fourth question and found that that question is exactly how they understood the first question. It has naturally wrecked up and greatly confused their whole paper. Read over all the questions. See their relations. Think about them. Think of particular facts in connection with them that would be easy for you to forget, easy to slip your mind. Perhaps you don't think of them right now but if you think of the need of them, then they may come to you in the course of your going on. Whereas if you wait until you get right to the point, and then you can't think of them it is unlikely that there will still be time for them to come to you. It is good to plan an examination; plan the time. Think of particular points that may slip your mind, but please answer in the correct order, in the order that the questions are given. I detest having a paper given to me that has question four answered first, and then question two, then they go to question one. And the questions are all mixed up. Answer them in the right order, but plan them ahead, and I believe you will find it beneficial. The second point as I mentioned in standing stress is as far as possible