

Test Taking Strategies

Prepare

Studying is not a one time thing! Spend at least some time with the material daily

- Attend class
- Read your book, including charts, graphs, and illustrations
- Re-read and annotate your notes daily
- Review the previous day's and week's material – spiral
- Make and review cram cards
- Make up questions that could be on a test. Quiz yourself and others
- Discuss what you learn

Taking the Test

Get a good night's sleep and eat a healthy breakfast, including some protein

Wear clothes you feel good in

Plan to arrive early

Manage anxiety – understand the “flight or fight” response

- Be prepared
- Self – talk – be positive
- Relaxation – square breathing

READ questions and directions carefully

Remember, you don't have to answer questions in order. Answer the questions you know first. Mark the questions you want to check if you have time.

For multiple choice questions, eliminate the options you know are not correct, and then make your best guess from the remaining options.

Know how much each question is worth. Don't get stuck on low point questions and end up leaving little time for higher point questions at the end of the test.

FOCUS on the test, not negative thoughts that may creep in. A negative thought that might affect your performance would be, “If I don't pass this test, I'll flunk the class and have to drop out of college. I'll never get a job and my life will be miserable!”

If you're stuck on a question or problem, write what you do know. Sometimes the act of starting will get your brain to remember the next step.

Don't feel pressured by those who finish early.

Use extra time to check your work and your answer sheet. Make sure you have seen all test questions.

After the Test

Congratulate yourself for doing the best you could.

Learn from your mistakes.

When you get the test back, review what you got right and wrong so you know the material for the next test.

If you didn't do as well as you hoped, make a plan to do better on the next test. What will you do differently?