



Test Taking Tips

Prepare! Prepare! Prepare!

- Read & study throughout the semester.
 - Try to avoid cramming the night before!
- Read BEFORE class so you are prepared for the lecture.
- Write dates for all tests/quizzes/assignments on a calendar or in a planner.
- Always ask questions if you have them!

Relax

- Take several deep breaths when you start to feel anxious
- Relax muscles
- Slow down.

Stay in the present moment

- While studying- Plan for small breaks. Limit distractions! (phone, computer, tv, etc.)
- If you can't stay focused while studying, walk away for a second then go right back to studying.
- During the test- Focus on the test in front of you & the current question. Stop your mind from wandering & focus on what you can control.

Stay focused on yourself

- Study in groups if it works for you. Avoid it if you tend to socialize more.
- Limit discussion of the test before you take it.
 - Others' concerns about the test may affect your confidence.
- Don't compare yourself to others during the test.
 - It does not matter how quickly everyone else finishes the test. It does not affect your grade.

Manage your testing time effectively

- Take time to read directions & review the test.
- If you get stuck on a question, move on and come back to it.
 - Spending too much time on one question may increase your anxiety & decrease your confidence.
 - Other questions may jog your memory!

Keep a positive attitude

- Negative thoughts are not productive or motivating!
- Recognize, stop & replace these negative thoughts with positive and/or realistic ones.

Test Preparation Tips: 10 Ways to Earn an A

<https://www.youtube.com/watch?v=jYWfiP7w5w0>

1. Test prep ritual, right before exam:
 - Write down worries—if test anxiety exists
 - Brain dump info onto paper—formulas; facts
2. Look for later questions on test.
 - May provide insight to earlier questions
 - Go back, look over answers
3. Make a Cheat Card to help:
 - Condense info
 - Summarize info
 - Encode info into brain
4. Create quizzes from notes and lecture materials.
5. Simulate test conditions:
 - Location; go to testing room to study
 - Use old practice test, if possible
 - Practice time constraints; how much time may be needed to answer a question
6. Stuck on a question?
 - Visualize study area; helps recall
7. Study while out on a walk; helps to learn independent of environment
8. “Hoeffstadter’s Law”: Studying will take longer than you think; study earlier than planned
9. Plan uninterrupted study periods:
 - Group small tasks together
 - Schedule study periods as early in day as possible (more energy; willpower)
10. Appreciate test-taking as part of the learning process