Test Taking & Prep

Before the test—get as prepared as you can
- Take notes
- Summarize them after each session/module
- Review the notes daily
- Create mind map summary sheets
- Create flashcards—go through them often (until your responses are automatic)
- Make and take a practice test—predict from the assignments and notes what will be on the test
- Work with others and quiz each other (you can use a virtual classroom in Brainfuse 24/7 for this)
- Explain course concepts to someone who doesn’t know the subject matter—then you really uncover what you need to revisit
- As you study for exams, ask yourself which study strategies work best for you. If you are struggling, try something else and see how that works for you.
- Get help when you need it—make an appointment in Tutor Match. (Don’t wait ‘til the last minute to do this).

During the test—remind yourself about how much you prepared for the test
- Ask if you can use scratch paper during the test. Write down the concepts you are afraid you’re going to forget before you start.
- Multiple choice tests
  - read the question and answer it in your head before you look at the answer
  - read through all answers before selecting
  - eliminate incorrect answers
- True/False tests
  - Read the entire question
  - Look for absolutes (all nothing, always, never, etc.)—these generally indicate a false statement.

After the test
- Go through the graded exam and look at your errors (learn from them). What kind of error did you make? After you identify that, make adjustments and remember for next time.
  - Study errors: didn’t study enough or studied content that wasn’t on the test
  - Careless errors: not reading directions or skipping questions
  - Concept errors: when you didn’t understand a concept or the material

Test anxiety and how to combat it
- Be prepared for the exam
- Positive self-talk—E.g. I can do this. I’ve prepared and I know these concepts. The instructor just wants to hear about what I’ve learned and how I can apply it—that’s all.
- Get plenty of sleep
- Eat nutritious foods and do not use caffeine