

Test Taking Strategies

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Student
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First of all, get in the right frame of mind to take a test. Use all available resources you have or can think of having. Try to anticipate questions that will be asked on the test and practice answering them. If you have been attending class regularly, taking effective notes, listening and participating, then you should become better at taking tests.

BEFORE each test, schedule three types of studying every day

- A brief review of notes for each course
- Studying new material
- Preview in preparation for next class

Find out about the format of the upcoming exam

Prepare and use sample test questions (from the textbook, notes)

Think about your particular learning needs during the test in regards to

- Seat placement
- Distractibility
- Strategies to reduce anxiety

Get a good night's sleep and eat a healthy meal before an exam.

Review old tests and make them work for you.

Organize your materials and resources.

DURING each test, try to relax, take a few deep breaths. This is your opportunity to show what you know, not what you don't know.

Budget your time. In 55 minutes, for example, allow 5 minutes to read all directions carefully, 25 minutes to answer questions in a "first go-through", 20 minutes to go back to all unanswered questions and second go-through, and 5 minutes to do a final check.

Stay focused and confident. Visualize your study session while you are taking the test.

AFTER each test, determine if poor performance was caused by

- Insufficient study plan
- Deficient test-taking strategies
- Lack of knowledge in course content

Meet with faculty to discuss your process and results.

Find out more about your learning style and test-taking behaviors with a Learning Specialist.