

11-18-2022

Test Taking Tips

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Introduction

Test Taking Tips:

- Weeks Before (Conor)
- Morning of the Test (Samdine)
- Test Anxiety (Zoey)
- Test Taking Strategies (Triniti)

Weeks Before

-Figure out what kind of test

-Cramming

-Pretest

-Study Group

What Kind of Test?

1. Ask the teacher
2. Look at past Exams
3. Predict from prior experience

Knowing what kind of test you're going into will let you know what you need to study and how you need to study the information given.

Cramming

1. Intense Cramming (last minute)
 - a. Single out the course's purpose
 - b. Focus on the course's major topics
 - c. Make memory joggers
 - d. Memorize the memory joggers
2. Prepared Cramming (long term)
 - a. Study throughout the semester
 - b. Create a couple of pages of the main ideas and notes
 - c. You're already familiar with the topics
 - d. Refresh memory of the facts and associations before hand

Pretest

1. Go over past tests with their answer keys
2. Try to mimic the actual test situation as closely as possible
 - a. Research shows that student raise their test scores just by being familiar beforehand with the test conditions
3. Set time limits to practice pacing
 - a. You can learn to move along quickly
 - b. Lets you learn how to use your time wisely

Study Group

1. Collection of students who all want to get good test scores
2. Lets you approach the coursework out loud
3. Join a study group after you learn the information
 - a. Prevents you from learning the wrong things
4. The purpose of the group should be conversation
 - a. Sharpens long-term memory
 - b. Learn better by having to explain your ideas
5. Any method that will get you to think and talk is good
 - a. Have each person prep questions to quiz each other
6. Choose a place where there are no distractions
 - a. Lets everyone focus and put their effort into the studying

Night Before the Test

It may not feel like it, but this is the critical moment before the test.

What to do:

- **DO NOT STUDY.** Now is the time to relax.
- Take a hot shower.
- Pack your things, charge computer, etc.
- Go to bed early.
 - If you can't sleep immediately, read a book! Stay away from screens.

Try to keep your mind clear - stressing now will be detrimental to your performance.

Morning of the Test

You made it! You've studied hard, and now the test is mere hours away.

What to do:

- Eat a nutritious breakfast!
- Drink some coffee/tea (case-by-case basis)
- Review the material one last time
 - Any brain warm-ups that help you - it's personal!
- Triple-check you have everything you need.
 - It may seem last-minute, but this can bring you peace of mind.
- Leave a little bit early.

Paramount is that you've successfully kept yourself clean and healthy. Focus is key!

Test Anxiety

- A little bit of anxiety is helpful
- A lot of anxiety is not
- Self-fulfilling prophecy
- Positive visualization
- Imagine success



Test Taking Strategies

What are the best ways to attack a test?

- Multiple Choice
- True or False
- Open Ended

Multiple Choice

1. Read the question.
2. Pay attention to wording.
3. Read over all of the answer choices.
4. Eliminate the obvious wrong answers.
5. Look for keywords or phrases.

WHAT IF YOU DON'T KNOW THE ANSWER?

- Make an educated guess.
- Pick the closest answer.
- Guess! And move on.

True or False

1. Read the question carefully.
2. Look for clue words.
3. Guess?
4. Don't change your answer!

TRUE OR FALSE?

This presentation is awesome! - TRUE

Open Ended

1. Read the question the whole way through
2. Read the question AGAIN.
3. Highlight or write down the important information.
4. Make sure you answer every part of the question.
5. It is better to over explain rather than under explain.

**Thank you! We
hope this helps!**

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