

Testing:

3 Things You Need to Know
Before Your Next Test...

1. Managing Anxiety
2. Preparation
3. Test Taking Strategies



Signs of test anxiety

- **Emotional—**
 - irritability, crying, anger
- **Physical—**
 - faintness, headache, sweating, nervousness
- **Mental—**
 - blanking out, racing thoughts, confusion



Test Anxiety

- **Anxiety is normal** and motivates us to do well



Managing Test Anxiety

- Preparation
- Learn Relaxation techniques
- Be healthy
- Keep a positive attitude
- Learn good test-taking skills
- Familiar rituals



What Can you Do to Manage Test Anxiety?

- Prepare Yourself for the Test...
 - Mentally
 - Emotionally
 - Academically

When do you start to prepare?

When you start classes



Preparing Mentally & Emotionally



- **Sleep well** the night before—
 - Save partying for another night
- **Eat before** the test
- **Think positively**--Remember that a test is *only a test*
 - Avoid negative talk
 - Do not use “all or nothing” terms
 - Accept that everyone makes mistakes
 - A test does not measure your worth
- **Know your** own study style



Preparing Academically



In General

- Attend class
- Know Test Dates
- Keep up with the assigned class work
- Take notes
 - **Scan notes everyday right after the class**
- Start studying for tests early
- Seek help if needed
 - Other students
 - The instructor
 - Counseling



Preparing for the Test

Before
During
After



Before the test

- Find out about the test
 - What does it cover?
 - What kind of test is it?
 - What do I need to study?
 - When is it?
- Study with a group of students
- Check with the instructor if uncertain
- Go over old assignments, tests, & notes



The Day of the Test

- Set a backup alarm & get to class in plenty of time
- Take the supplies you need
- Go over your notes, but don't cram
- Be Positive
- Do not panic--breathing exercises



During the Test

- **Read** the directions on the test
- **Scan** through the test before starting
- **Relax**—take a deep breath, stretch, clear your mind of distractions
- **Positive** thoughts, positive self-talk
- **Work** at your own pace
 - Don't worry about who finishes first!



After the Test

- **Learn from the test experience**
 - What you can expect next time
 - What does (& doesn't work) for you
 - Go over old tests
 - Reward yourself afterwards

Decide which study strategies worked best for you—
Replace the ones that did not work well.



Test Taking Strategies

General

Multiple Choice

True/False



Generally Test Taking Strategies



- **Start studying** early for the test
- **Make a “crib sheet”** and study it
 - Warning: **cheating is a serious offense in college**
- **Make & take** a practice test
- **Read or Scan the Whole Test First!**
 - Avoid careless errors
 - Read the question
 - Read **all** answers before choosing
- **Do not rush, but do watch your time**
 - Work at your own pace
 - Wear a watch
 - Do not compare yourself to others



Preparation is the key to taking a test, but different tests require different ways of studying and thinking...



Multiple Choice



- **Think** of your own answer first
- **Read the directions** & questions carefully
- **Preview** the test & answer the easiest questions first
- **Mark** those you are not sure of (X,)
- **Go back** to read & answer the difficult questions (the ones you marked), ***picking up cues from the other questions***
- **If time allows**, quickly review both questions and answers



On More Difficult Questions

- **Choose the answer** that most matches yours or the *“most true”* answer
- **Notice absolute words** in questions (*always, never, every*) that eliminate an answer
- **Get rid of answers** you know are wrong
treat each answer as a “True-False” question
- **Get rid of** answers that do not fit, are unfamiliar or are negative



- **If two answers** are opposite each other, chances are one of those is the correct answer
- **Favor answers that contain qualifiers--** sometimes, often, frequently, ordinarily, generally
- **If two alternatives seem correct--** compare them for differences, then refer to the question to find your best answer
- **If 2 or 3 answers seem correct—** then ***all of the above*** may work



Guessing

- **Always guess** when there is no penalty
- **Use hints** from questions you already answered
- **Change your first answers only**
when you are sure OR the other answers
tell you to change.



True-False Questions



- **Every part of a true sentence must be "true"**--so look for negatives, qualifiers, absolutes, and long strings of statements
- **Guessing: Often true/false tests contain more true answers than false** 50% chance of being right with "true". Review your teacher's past tests for patterns and clues



- **Qualifiers open up statements**
"sometimes, often, ordinarily, generally" make claims and are more likely to indicate **"true"** answers.
- **Absolute words restrict possibilities**--"No, never, none, always, every, entirely, only" imply the statement must be true 100% of the time and usually indicate "false" answers
- **Long sentences often include** *groups of words* set off by punctuation. Pay attention to the "truth" of each of these phrases. **If one part is false, it usually indicates a "false" answer**



When You Must Remember Test Information

*Remembering does not mean
Comprehension...*

Know the difference!



Acronyms

- Forming a new word from the first letter of a group of words

Ex: History, Geology, Art Appreciation, Speech

- History
- Art Appreciation
- Geology
- Speech

New Word: HAGS



Sentences

- **My Dear Aunt Sally**
- Multiply and Divide before you Add and Subtract

Rhymes & Songs

- The ABC song



Chunking

- A common rule is that a person can remember about 7 "items" in short-term memory.
- Remembering the number string 64831962, = 64 83 19 62 (creating "chunks" of numbers).



Visualization, Imagery or Associations

- Marie Antoinette was born November 2, 1755 in Vienna, Austria.

Picture a trip to Vienna with the Character and plan it for 11/2/55

- Do whatever it takes to make it real and meaningful for you



PRACTICE MAKES PERFECT

Managing Test Anxiety

Preparation (Good Study Habits)

Test Taking Strategies

= Successful Test Taking



Survey

- Test Anxiety
- Study Habits
- Time Management
- Managing Stress
- Note Taking
- Relaxation Techniques

Thanks for Attending!

