

# Test Taking and Study Strategies

# Test Taking Strategies

Preparation for tests begins on the first day of class

- Paying attention during class
- Taking good notes
- Studying
- Completing homework assignments
- Reviewing study materials on a regular basis

# Test Taking Strategies

- Budget your time
- Attend review sessions
- Pay attention to hints that the instructor may provide about the test
- Take notes and ask questions
- Review any material from practice tests, homework, sample problems, review guides, the textbook, class notes...

# More Test Taking Strategies

- Eat before a test
  - Having food in your stomach will give you energy and help you focus. Avoid heavy foods which can make you groggy
- Put the main ideas, information, and formulas onto a single sheet that can be quickly reviewed many times
- Get adequate sleep- all night study sessions negatively impact test performance



# Test Stress!!! Tips to Reduce Test Anxiety

# Test Anxiety Tips

- Space out your studying over a few days or weeks; continually review materials
- Don't try to learn everything the night before
- Chew gum (if allowed) during the test
- Write down important formulas, facts, definitions and/or keywords in the margin of the test first so you won't worry about forgetting them

# Test Anxiety Tips Continued

- Do the simple questions first to help build confidence for the harder questions
- Skip questions you do not know the answers to. Come back to it later if you have time
- Read the directions slowly and carefully
- Stay relaxed, if you begin to get nervous take a few slow, deep breaths to relax yourself and then get back to work

# Study Skills



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# Study Strategies

- Identify your most productive time of day, tackle the hardest subject then
- Have a consistent place to study that has all your materials on hand
- If you do not understand the material, ask your instructor, peers, or family for help
- Utilize tutoring programs at your program/school
- Utilize study groups

# Additional Study Strategies

- Minimize distractions
- Effective use of time management
- Create flashcards (on index cards or on an app on your smartphone/tablet)
- Rewrite lecture notes the same day as the lecture
- Study key information from study guides, text, and chapter summaries
- Create your own quiz at the conclusion of the chapter

Academic Success? You've Got This!!!

