

TEST-TAKING SKILLS

Test-Preparation Tips

1. Know the test that you are taking. Know how to make choices on a multiple-choice exam, to recall exact phrases for fill-in-the-blank questions, to use text examples for essays and short answers and to understand exceptions for true/false questions.
2. Desensitize yourself to high anxiety levels to prepare yourself for the test-taking atmosphere. You can do this by creating practice tests, allowing yourself the amount of time given for a test to answer practice problems, or studying in the room in which you will take the test.
3. Give yourself enough time to review, recite, and rehearse the information. Planning ahead will guarantee you enough time to read through important texts, review your notes, and create study sheets.
4. Avoid marathon study sessions. Your brain gets saturated after about two hours of studying. Block out smaller chunks of time with a clear plan of what you will review during that time period.
5. Sleep, eat, and relax before the test. You should get a good night's sleep the night's before a test. An hour before the test, make sure that you have enough energy to make it through the test. You may try meditating, walking, or positive self-talk to calm your nerves.
6. Study with friends from class. You can share ideas and see other perspectives, and learn material better by teaching it to others.

