EXAM PREP AND TEST TAKING SKILLS

GROUP ACTIVITY

- Introduce yourself to the person next to you
  - Share your name, your major and your hometown

- Now share a positive or negative test experience with that person:
  - Tell each other about what strategies were you using during this test experience?
  - What successful strategies could you implement?
  - Take 15 mins

WE WILL COVER...

- Exam Preparation
- Exam Taking
- Post Exam
- Test Anxiety

IMPORTANT TIPS FOR EXAM PREP

- Keep notes and handouts organized by date than topic

- Organize your time to allow for opportunities to review regularly.

- Make appointments with professors, tutors, and peers to review content and clarify understanding.
QUESTIONS TO THINK ABOUT AS YOU PREPARE FOR YOUR EXAM:

- What material will be covered?
- What is the format of the exam?
- How many points is each item worth?
- How much time will you have?
- How does the professor define short answer and/or essay?
- How does the professor recommend preparing for the exam?

PREPPING YOUR BRAIN

- SQ3R Study System
- Talk / Meet
- Tutor

DIFFERENT TYPES OF EXAMS

- Objective Tests
- Short Answer Tests
- Essay
- Procedural

HOW TO ANSWER MULTIPLE CHOICE QUESTIONS

- Read
- Identify/Underline
- Guess
- Review
- Eliminate
- Choose/Check
- Should you change your answer?
EXAMPLE OF A MULTIPLE CHOICE QUESTION

Who is the current President of the United States?

A) Bill Clinton
B) Barack Obama
C) Steve Privett
D) Kanye West
E) None of the above

TRUE/FALSE QUESTIONS

Every part of sentence must be true
Pay close attention to:
- Negatives
- Qualifiers
- Absolute
- Long Sentences
- Guessing

ESSAY TESTS

- Time schedule
- Read
- Your own words
- Think
- Topic/idea
- Get right to the point
- Argument & Support
- Grammar
- No blanks

BEFORE THE EXAM

- Sleep
- Breakfast
- No caffeine
- Arrive early
- Choose your seat wisely
- Be prepared
WHEN RECEIVING THE EXAM
- Do a data-dump.
- If you don't know a question move on.
- Manage your time and answer every question.

AFTER THE EXAM
- Review corrected exam and feedback
- Compare notes with peers
- Meet with professor to discuss your own questions
- Learn what you don't know.

TWO FORMS OF TEST ANXIETY
- Mental
- Physical

REDUCING TEST ANXIETY
- Establish a positive mindset before test by thinking about your successful experiences
- Write down at least one of your experiences of success
- Keep things in perspective
- Challenge negative thoughts
- Frequently remind yourself of positive experiences
- Negative vs. Positive Thought Patterns
MENTAL SIGNS OF TEST ANXIETY

- Mental blank-out
- Racing thoughts
- Difficulty concentrating
- Negative thoughts about:
  - past performance
  - consequences of failure
  - how everyone else is doing
- Knowing the answers after the test, but not while taking it

PHYSICAL SIGNS OF TEST ANXIETY

- Nausea
- Cramps
- Faintness
- Sweating
- Headache
- Dry mouth
- Increased breathing rate
- Fast heartbeat
- Tense muscles

ACTIVITY

- Test Taking Anxiety Worksheet

SOURCES
