

Student Academic Success Center

How NOT to be Stressed About Tests

BEFORE THE TEST

Keep up with the day to work of the course:

- Do the reading – before the class. At least skim headings and read main topics
- Take good notes in class. Fill in missing information, clarify questions and identify examples as soon as possible after the lecture.
- Go to study groups and tutoring
- Review material within 24 hours and continue to review often
- Make flashcards, re-write/type notes, discuss what you are learning out loud

Find out about the test

- What type of test? Multiple choice? Essay? What material will be covered?
- What skills will you need? (memorizing facts, problem solving, application, interpretation?)
- How much is the test worth to your grade? The more it is worth, the more time and energy you need to give in preparing for it.

Studying for the test

- Start early – 7 days before the test. Don't wait until you get a study guide!
- Break material into sections and plan study time for each section.
- Make practice tests or do practice problems
- Work to understand the material not just memorize it.

TAKING THE TEST

- Arrive early
- Take a deep breath
- Read the Directions! Identify the value of the questions.
- Download any key information (jot down formulas, lists etc.)
- Answer questions in a strategic order/plan your time. Answer easy questions first, those with the most point value next, difficult after that.
- Try to answer the question stem on your own before you look at the answer
- Read all the answers before you choose one – don't just circle the first one you think is right and then skip the other options.
- Make sure your answers make sense. Re-read question with your answer in it.
- Underline key words in the question
- Answer all the questions
- Review your answers before turning in to make sure you didn't miss-read a question

AFTER THE TEST

- If you receive your test back, re-work your errors and understand why you made the mistakes you made.
- Meet with your professors to identify patterns. Is it certain types of questions you missed? Was it material from the book or the lecture? Are you missing concepts or details?
- Analyze how you prepared for the test. Did it work? If not, change your strategy.