

## **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.