

Test Taking Strategies

Tips for Success: Studying should be a daily activity. Reviewing your class material every week will help you remember 50-80% of lecture information.

Before the Test

- Use positive self-talk. Instead of saying, "I can't do this," say "I'm prepared."
- Give yourself enough time to review the material—don't start one or two days before
- Get a good night's sleep

Day of the Test

- Eat a healthy breakfast
- Read the directions carefully. If you blank on a question, skip it and move on
- Take your time. There's no reward for finishing first, so use the entire test time

After the Test

- You gave it your best, take some time to relax
- You still have the opportunity to improve
- Identify techniques that were effective in helping you manage your anxiety

Multiple Choice Strategies

Eliminate Answers

- Eliminate answers that are grammatically incorrect
- Use the process of elimination
- Words like usually, often, generally could indicate a true statement
- Every, all, none, and always indicate answers must be undisputed fact

Don't "read into" the question— take everything at face value

Skip questions that you are unsure of, return to them at the end

Write a multiple choice study guide

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