

Tackling Tests

Before the Test

- Use 5 Day Study Plan
- Review with classmates — quiz each other.
- Eat and sleep *well* before the test. **AVOID** excessive stimulants.
- Use relaxation and breathing exercises to control test anxiety.
- Arrive at the testing room early with all of your supplies.
- Avoid talking about how much you studied with your classmates before the exam

During the Test

- Pay attention to verbal directions as the test is distributed.
- Scan the whole test immediately; note number of points per section, estimate amount of time needed.
- Read directions, re-read them, **FOLLOW THEM!!!**
- Jot down memory aids/formulas in margins so you won't forget.
- Answer easiest, shortest questions first.
- Do multiple choice, true-false, fill in the blank, short answer, essay — usually in this order.
- If you get stuck, look for things in other questions to stimulate your memory.
- Pace yourself — watch your time; move on if you can't remember an answer.
- Leave plenty of space between answers; makes them more readable and can add more information if necessary.
- In multiple choice/true-false: **DON'T** change your first answer unless you are **SURE** it's wrong and that you now know the right answer. If you find you misread the question, **DO** change the answer.