

## Test Prep & Test Taking

### Test Preparation

#### Study Strategies

1. Consider how your understanding will be assessed, and set a SMART goal for studying based on assessment type: Do you need to be able to explain key concepts from memory for a quiz or exam? Do you need a thorough but not memorized understanding of the material for discussion, writing assignments, or open-note exams? Do you need to practice writing short-answer or essay responses? Different types of assessment will require differing study strategies.
- 2.

### Strategies for Peak Test Performance

Preparation Strategies to Improve Outcomes:	Explanation of Strategies' Benefits:
1. Sleep 7-8 hours the night before the exam.	Fatigue and exhaustion reduce efficiency and cause poor memory recall. If you didn't get enough sleep, 20 minutes of relaxation can help
2. To help you sleep the night before, or anytime you need to calm down, eat high carbohydrate foods: popcorn, breads, rice, pasta, baked potatoes.	Carbohydrates increase the level of serotonin in the brain, which has a calming effect on the mind. It reduces feelings of stress and tension, and increases your ability to concentrate.
3. Exercise	

- x If two of the choices are similar or opposite, one of them is probably correct.
- x Do not go back and second-guess yourself. Generally, your first choice is more accurate. Change the answer only if you are certain your first answer was incorrect.
- x If an alternative answer does not grammatically follow the question, it is probably wrong. For example, if the question asks for a singular answer, be sure to pick a singular answer.
- x Sometimes it can help to pick an answer and work backwards to see if it fits the question.
- x Stay until the end. At times the teacher may clarify something as an afterthought that may help.
- x Tactfully ask the teacher for clarification.

#### Problem- Solving Tests

- x Brain dump! When you first get the test, write down any formulas, dates, details, processes, timelines, acronyms, or other concepts that you might forget.
- x Look the test over before you begin. If anything comes to mind, jot notes down in the margin.
- x Make sure you understand what each problem is asking.
- x Make sure your answer makes sense. Use your answer to work the problem backward.
- x Watch

