

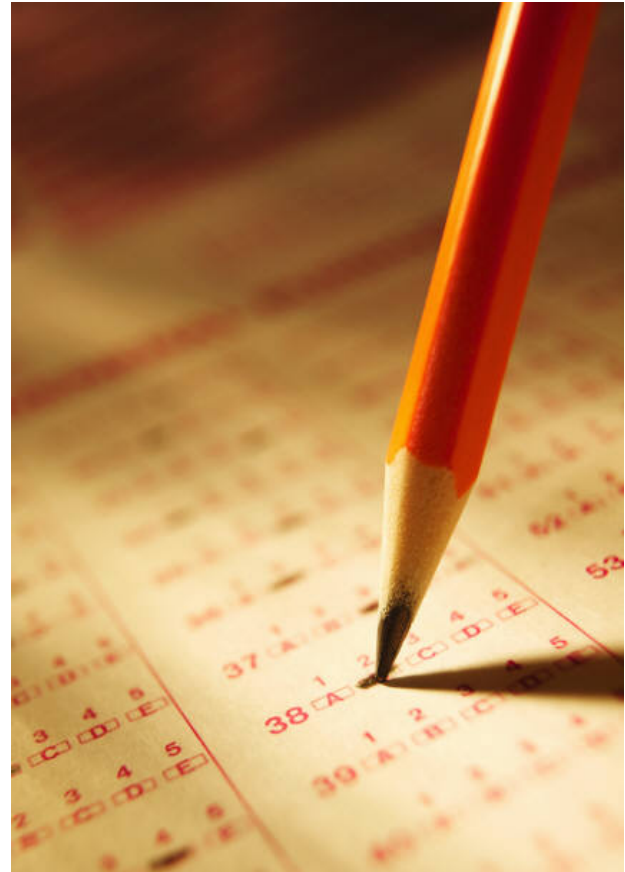


Test Taking Strategies & Test Anxiety

GHC Learning Center

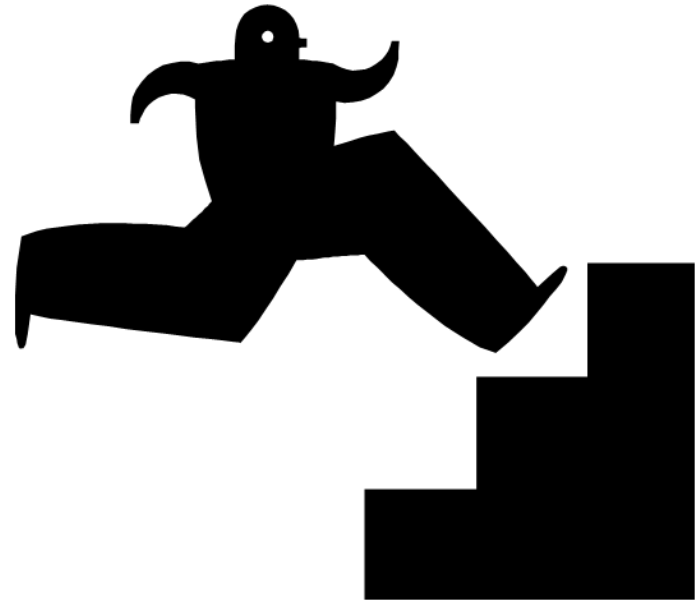
Test Taking Strategies

What do you do to prepare for a test?



Three Steps to Test Success

- Preparation
- Taking the test
- After the test



Prepare

- Attend class
- Read your book – including charts, graphs, and illustrations
- Re-read and annotate your notes daily



Preparation

- Review previous day's and week's material – spiral through material
- Make and review cram cards
- Make up questions that could be on a test
- Discuss what you learn



Taking the Test

- Get a good night's sleep and eat a healthy breakfast, including some protein
- Wear clothes you feel good in
- Plan to arrive early



Test Anxiety

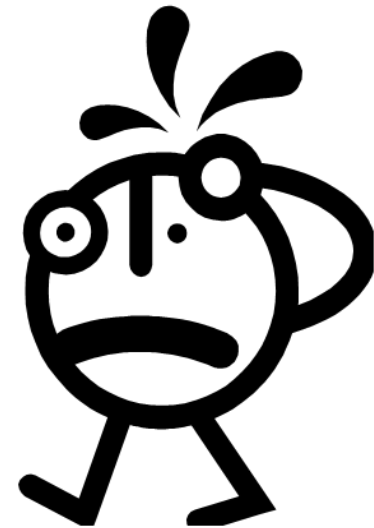
Anxiety

Understand the fight or flight response:

- Read this illustration:
<http://www.stressstop.com/articles/article1.html>

Battling Test Anxiety

- Read this information from University of Wisconsin:
<http://wellness.uwsp.edu/MedInfo/Handouts/LAs/Test%20Anxiety.pdf>





Taking the Test

- Read questions and directions carefully
- Remember, you don't have to answer questions in order. Answer the ones you know first
- For multiple choice questions, eliminate choices you know are wrong
- Know how much each section is worth

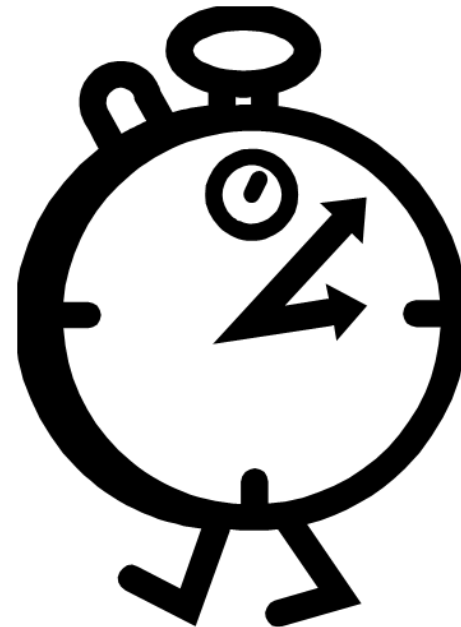
Taking the Test

- FOCUS on the test, not on negative thoughts that may creep in!
- If you're stuck on a question or problem, write what you *do* know



Taking the Test

- Don't feel pressured by those who finish earlier than you
- Use extra time to check your work





After the Test

- Congratulate yourself for doing the best you could
- Learn from your mistakes
- When the test is returned, review what you got right and wrong so you know it for the next test
- If you didn't do as well as you hoped, make a PLAN to do better on the next test