

Test Taking Strategies

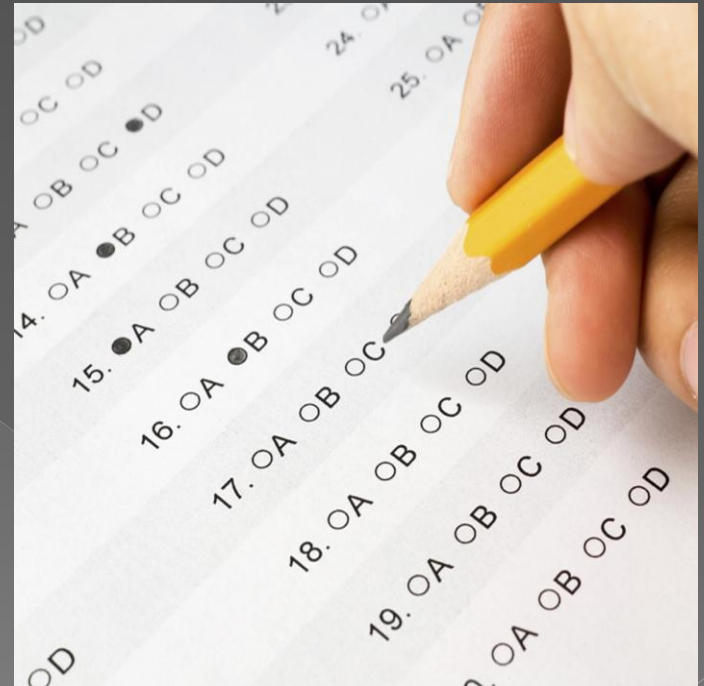
Mrs. Knapp, 6th Grade Counselor

“Intelligence plus character that is the goal of true education.”

-Martin Luther King Jr.

Preparing for Test Day

- Avoid cramming
- Attend review sessions
- Know what to study
- Teach it to someone (explain how/why)
- Review chapters, notes, quizzes, & homework in a way that works for YOU
- Get sleep
- Eat a good breakfast & stay hydrated



Test Anxiety

- Over-arousal, tension & physical symptoms combined with worry, dread, fear of failure, or catastrophizing before or during **test** situations
- When you have adequately prepared but still panic and “blank out”
- If the anxiety is due to not having prepared for the exam, it is often a normal reaction
- Normal reaction is helpful for motivating a change in behavior
- Video

Remember

- ◉ The goal is not A's but Learning
- ◉ Test scores do not measure your worth or your intelligence
- ◉ Strategies:
 - Positive coping thought
 - Distraction: quote, puzzle, drawing
 - Deep breathing
 - Visualization

Identify the Problem Area

- Information Gap
- Retention Gap
- Vocabulary
- Misunderstanding course material
- Rushing
- Misreading
- Copying wrong response
- Forgetting to double check answers



Multiple Choice Tests

- ◉ Narrow down choices to increase probability of getting the question correct
 - ◉ Try to decide the answer before reading your options
 - ◉ Skip & come back
 - ◉ Choose the most precise answer
 - ◉ Look for words like most, often, not, etc.
- ** Double check your answers!!!

Any Test

- ◉ Think positively (coping thoughts)
- ◉ Ask your teacher if you don't understand the directions
- ◉ Start where you are confident
- ◉ Write down important information if you are worried about forgetting it
- ◉ Use relaxation techniques
- ◉ Show your work
- ◉ Check your work

