TEST TAKING TIPS: LEARNING to STUDY SMARTER, NOT JUST HARDER

Is this what test day feels like? How often have you studied all night for a test? But then you get your test back and you’ve scored a D or an F! What gives? Here’s what:

First of all, don’t wait until the night before the test to study! Days before the test, make copies of teachers’ study questions.

Only study in short segments of 25 minutes or so rather than over several hours. People remember best at the beginning and ending of a study session.

Don’t just read your material. You’ll think that you know the material, but you’ve only learned to recognize it rather than remembering it.

Take practice tests. This is a way to teach yourself to remember and will help you feel less anxious when it’s time to take the test.

Before the test, get enough rest and food. Shake out your hands & arms to get rid of the stress & get the blood flowing to your brain!

Slowly breathe in counting to 10, then exhaling slowly counting to 10.

When you go to take the test, sit in the front of the class. You won’t be distracted by other students.

If ANY part of the question is false, then the entire statement is false.

Do the easiest questions/problems first. It’ll help you to relax. Tell yourself, “I can do this!”
Be sure you read the entire question and pay attention to the details. If it's a multiple choice test, eliminate the answers you know aren't right.

In a question with an “All of the above” choice, if more than one is correct, then answer “All of the above”.

In multiple choice tests, if more than one selection is incorrect, answer “None of the above.”

If you don’t know the answer, come back to it. Other parts of the test may give you clues to what the answer may be!

On true/false tests, if the statement says, “always,” & “every” it has to be true ALL of the time. These questions are often false.

On essay tests, read the directions carefully. Jot down the facts you remember first, then compose your essay.

With an open book test, focus on the main ideas and important points in your book.

During the test, first answer the easy questions that you know without having to look up.

Go over and proof your test once you’re done!

Rules of Thumb

Tips & Tricks