

# Test-Taking TILT Workshop



## Study Strategies for Tests

### Study Tips

- ◆ Make sure you know as much as possible about the test beforehand
- ◆ Testing Effect- don't just re-read or look over notes
- ◆ Spacing Effect- study at least a week in advance and for 30-60 minute blocks of time
- ◆ Create a schedule for what you will study each day
- ◆ Turn off your phone while studying and don't multi-task. Socialize as a reward after studying!
- ◆ Study in a quiet, regular place that is free from distractions
- ◆ Form study groups and attend review sessions



### Active Study Techniques:

- ◆ Quiz yourself
- ◆ Study groups
- ◆ Write your own study questions
- ◆ Answer study questions
- ◆ Put info into your own words
- ◆ Rewrite/Type class notes
- ◆ Annotate while you read
- ◆ Make outlines
- ◆ Draw charts or timelines
- ◆ Practice problems
- ◆ Answer textbook questions
- ◆ Categorize information
- ◆ Look for relationships
- ◆ Develop memory aids
- ◆ Review your notes and fill in gaps
- ◆ Make lists
- ◆ Practice vocabulary
- ◆ Draw and label pictures
- ◆ Summarize processes
- ◆ Put text into bulleted lists
- ◆ Connect what you are learning to other things you have learned in the past

### Exam Study Checklist

When studying for a major exam do you...	Always	Sometimes	Never
Start studying 5-7 days in advance			
Find out about the exam- what type of questions, how many questions, how much time you will have			
Use a study space free from distractions			
Review notes, text, and other assignments and identify main points to know for the exam			
Develop a test review guide that summarizes important information			
Participate in available study review sessions			
Recite information out loud and write it out			
Practice sample problems			
Try to recall the material for the exam from memory			
Maintain adequate sleep, good exercise, and healthy eating			

# Test-Taking Strategies

## Day of the Test

Get plenty of sleep (don't cram the night before) and eat healthy, protein-rich foods

Don't arrive too early

Make sure you bring all your materials

Sit in your normal seat

Take deep breaths to calm yourself

## Test-Taking Tips

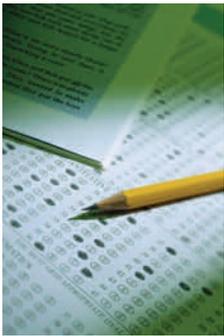
Look over the whole test when you first get it to review what you will be tested over

Write formulas and definitions in margins

Skip questions you're unsure of and come back

Focus on the sections that are worth the most points

Start with the part you are most nervous about

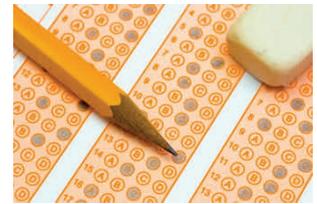


## Multiple Choice

- ⇒ Read the entire question carefully
- ⇒ Cover up the answers and try to answer it first without seeing answers
- ⇒ Read all the answers before answering
- ⇒ Watch for negatives
- ⇒ Watch for "all of the above" and "none of the above"
- ⇒ Eliminate answers you know are incorrect

## True/False

- ⇒ All parts of the question must be true to make it true
- ⇒ Watch for qualifier and absolute words
- ⇒ Watch for double negatives



## Essay

- ⇒ Write an outline first
- ⇒ Use examples from class, your text, and personal examples to show thorough understanding
- ⇒ Intro & conclusion can be short - spend most time on the body
- ⇒ Make sure to include points that your professor stressed in class
- ⇒ Read the entire question carefully to make sure you are answering the question fully



## What do I do if I don't know the answer?

- \* Don't panic! Panicking decreases your ability to recall information and think clearly
- \* Ask yourself, "what do I remember about this topic?" Jot down something
- \* If it is multiple choice or TF, make the question a statement with each answer and ask yourself which is most logical
- \* If you do all those things and you still don't know the answer, move on. You might find other questions later on in the test that remind you of the answer