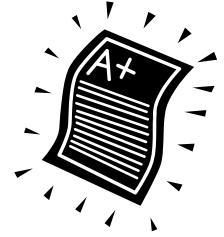


Test Preparation



Preparing well for a test gives you confidence and reduces test anxiety. Here are some suggestions to help you do your best.

Before The Test

- Review your notes daily. Reciting and rewriting your notes are great tools.
- Stay up to date with required reading.
- Begin studying for an exam at least a week before it is scheduled. Do not cram.
- Create and use flash cards.
- Attend study group sessions.
- Know what subject areas will be on the exam.
- Know what type of questions will be on the exam (essay, true/false)
- Complete any review sheets provided.
- Review any old tests or quizzes available.
- Use your textbook as a reference and study tool.
- Ask your teacher for help with areas you do not understand.
- Eat balanced meals and get a good night's sleep before the exam.

On Test Day

- Allow enough time to arrive at the class without hurrying. Relax and take a few deep breathes.
- Bring all necessary materials with you (pencils, pens, calculators etc.)
- Preview the test.
- Budget time for each portion of the test according to the point value of the sections.
- Answer questions carefully but steadily. Avoid spending too much time on a section, unless it worth much more in points.
- Read the directions to each portion of the test carefully. Ask for clarification if necessary.
- Write down information you think you might forget.
- Fill in the answers you know. If you do not know the answer to a question, skip it and go back to it later.
- Answer objective questions before essay questions. They may provide some answers to essay questions. Always be aware of the clock to leave adequate time for essay questions.
- Guess at answers you do not know, unless there is a penalty for guessing. On true/false questions, you have a 50% chance of guessing right.
- Don't panic if others are busy writing and you are not. By spending some time thinking, you may produce higher quality and better content answers.
- Don't worry if others finish before you. Finishing first does not guarantee the best grade.
- Use all the time allowed. If you finish early, check your paper for errors.

When You Get Your Corrected Test Back

- Know what questions you missed and why you missed them.
- Study the teacher's comments on essay so that you will know what is expected next time.
- Evaluate what kinds of questions you missed. Review strategies to be more successful.
- Correct and understand what you missed. This information may appear on a later test.
- Meet with the teacher if there is still material you do not understand.