

Survival Skills for Taking Tests

- 1) You can't cram the material the night before the test and expect to do well.
- 2) Study every day. Study for the length of time your test will last. If the test is 60 minutes, study 60 minutes - take a 10 minute break. Study 60 minutes - take a 10 minute break. Study 60 minutes - take an hour break. Your brain needs time to digest the material.
- 3) Recreate your test taking conditions. Sit at a desk, no food, no TV in the background.
- 4) When you read your text ask yourself – What did I just read? What does it mean? Until you can answer both, do not move on.
- 5) Do not do the same problems over and over again – that's not learning, that's memorizing and that won't help you since those problems won't be on the test. Do different problems and make up problems of your own. Teach the material to someone else.
- 6) When you take the test, clear your mind, relax. If you get stuck on a question – put a star by it and MOVE ON. Don't get hung up on one question. Just one question will not make or break you on a test. The goal is to pass the test.
- 7) Don't pay attention to anyone else. How quickly someone finishes a test does not determine how well that person did.
- 8) Don't frighten yourself before the test by discussing it with others. Don't contribute to the fears of others. Be positive. If you believe it, you make it come true.
- 9) Unless you **know** why you are changing an answer DO NOT CHANGE YOUR ANSWERS
- 10) If guessing doesn't count against you GUESS. Never leave anything blank if it doesn't count against you.
- 11) Don't read into the questions. Go with your gut instinct and move on. If you ask yourself, "What does this REALLY mean?" You are reading into it.
- 12) When you are done with the test – put it behind you. Don't play the game of "What did you get for..."with classmates; just let it go.
- 13) It is a test. It is just a test – not life and death.
- 14) Don't forget to eat and sleep. If you are too tired – don't study. The rest is more important than you trying to force material into a tired brain.
- 15) If you can't sleep, after a reasonable amount of time – get up. Get a meditation book, Bible; listen to music – anything to change what is going on in your brain.
- 16) Practice relaxation daily. Practice before you study, so that you begin to associate studying with relaxation.
- 17) If you panic during the test – close your eyes and breathe deeply. It is far better to lose five minutes to calming down than forty minutes to panic.
- 18) Just remember – and this too shall pass.