

## TEST TAKING

### Morning of the Test

- Wake up refreshed because you went to bed at a reasonable hour!
- Feed your brain with healthy foods (a little caffeine won't go amiss)
- Arrive at the exam with enough time to get the seat you want
- Make sure you have everything you are permitted to have or will need for the exam
- Breathe. Nice, long, easy breaths. Do this before the exam and at the top of every page

### During the Test

- Skim over the test to see what's there, so you can gauge where the points are and where you want to focus your attention
- Wherever you begin, whatever order you go in, answer first all the questions you know confidently that you are answering correctly. Skip over the others, no matter how many there are.
- Then, with that done, go back and tackle the ones that you're pretty sure you can work out, or that you have at least something to say about, and do those.
- Leave for last the questions that are least likely to give you sure points.
- If you have any questions about anything, ask the professor, especially if it's about an entire section of questions
- Don't pay any mind to students who finish early. Chances are they knew their stuff really well, but chances are equally good that they didn't know much at all. You're still working because you know more stuff.

### After the Test

Celebrate! if you studied in all these effective ways, took good care of yourself, and did your best in the exam, you deserve some fun. But then, when you get your test back, it's metacognition time:

- Analyze your exam results and link them to strategies you used (or did not use)
- Adjust and adapt your strategies for the next exam based on your results

### A note about test anxiety

Anxiety is best countered with solid preparation and focused practice with the material. All the strategies above will help you prepare in ways you might have done before. That will work in your favor.

During the exam, the best calming technique is deep breathing. Practice this when studying!

If you are more seriously impacted by test anxiety, please know that PLU counselors have a lot of experience helping students with anxiety of all kinds. I know they have helped many students improve their test-taking experience!