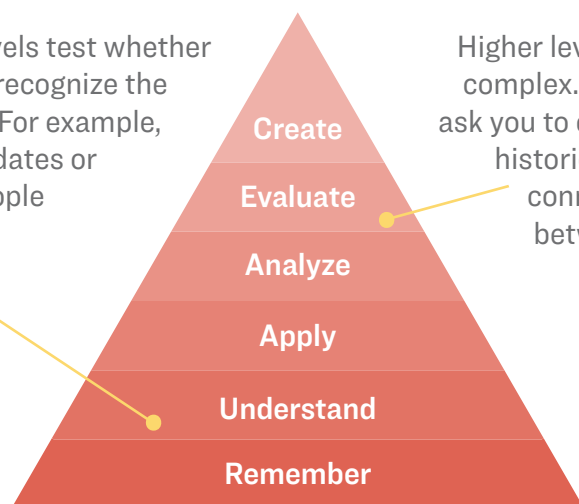


GETTING READY FOR TESTS

Many students feel like they spend most of their time at BYU taking tests. Tests can be intimidating, but you can do well! Here are some tips to help.

There are many levels of learning. Sometimes, only memorizing facts won't do the trick. Bloom's Taxonomy shows us that professors have many ways to test a student:

The lower levels test whether you know or recognize the information. For example, memorizing dates or names of people for history class.



Higher levels get more complex. A test might ask you to compare two historical figures or connect the dots between events.

In college, professors often test at a higher level of taxonomy rather than recall. Instead of only recalling information, consider preparing to explain, apply, or manipulate the information on an exam. You can ask your professor what types of questions to anticipate.



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Before the test

- Find a good study area. You may like a quiet area (library), or you may like a busy area (Wilkinson Center). Find what works for you.
- Use your resources! Look through your notes and any textbooks. Visit the class TA lab (if it has one), or ask the TA or professor for preparation tips.
- Make a schedule at the beginning of each semester that gives you regular time for studying—and not just the night before a test!
- Take care of yourself. Eat a healthy diet, exercise, and allow time to relax.
- Give your brain study breaks—it helps you study better. Positive thoughts. You can do this!

During the test

- Be prepared—eat, drink, and use the restroom. Have paper, #2 pencils, and pens ready.
- Bring what you may need to the testing center: a snack or drink, a jacket if it's cold, or earplugs to avoid distractions.
- Look over the test and answer the easy questions first. Then go back for the harder ones.
- If your test is online, go somewhere where you can focus and be free from distractions.
- Remember, this is only a test. Take deep breaths. Let yourself relax.

Strategies for Test Questions

True or False

- If any part of the question is wrong, the whole thing is false.

Multiple Choice

- First, see if you can answer the question before looking at the choices.
- Read all the answers and look for the best fit.
- If you're unsure, use the process of elimination.
- Answer every question—even if it's a guess!

Essay Questions

- Before you write, make an outline to organize your thoughts.
- Proofread afterward!

After the test

- Plan a reward for yourself. You did it!
- Ask how you could prepare for the next exam. Would a study group or visit the TA lab help? Did the questions come from the textbook or the lecture? What kind of questions were asked?
- If you didn't do as well as you'd hoped, don't panic. Talk with your professor or TA. They may be able to review the test with you and help you do better on the next exam. Believe it or not, they want to help!

Goals

- Prepare for your next exam using the tips in this handout.
- If you have already taken a test, review how you could have done better and apply it for your next test.
- Review how each goal went with your counselor.
- _____

Next appointment _____

