RELAXATION TIPS

• Don’t discuss the text before class – it may make you more anxious
• Seek clarification on questions from your professor
• Don’t dwell on what you did wrong
• Replace negative thoughts with positive ones before taking the exam
If you still find yourself anxious, try a breathing exercise:

• Inhale for 4 counts
• Hold your breath 4 counts
• Exhale for 8 counts
• Repeat
ESSAY QUESTION TIPS

• Answer *all* parts of the question by looking at key words!
  ▪ Compare and contrast – remember to do both
  ▪ Explain – tell why or how, don’t summarize
  ▪ Name/list – give basic details
  ▪ Trace – analyze an idea/situations development over time

• Paraphrase the questions for better understanding

• Outline your essay or make notes

• Create a thesis
  ▪ Write down once sentence that summarizes the goal of your essay
  ▪ Make sure all your main points relate back to that sentence

• Support all your claims and ideas

• Use transitions for a smooth flow

• Conclude with a sentence that reiterates your thesis

• **REREAD!!**
MULTIPLE CHOICE TIPS

• Answer the question before looking at the options
• Physically eliminate wrong answers by crossing them out
• Answers with “absolute” wording are less likely to be correct
  • Always
  • Must
  • Never
• Don’t automatically discount “all of the above,” especially if you cannot eliminate one or more choices
• Skip a question if you can’t answer it – you may find an answer or a hint in later questions
• Trust your gut
• The longer the answer, the more likely it is to be correct
• Double check the question number with your scantron
• Show your work – you may get credit for trying or might be able to spot your mistake
• DOUBLE CHECK!!
AVAILABLE RESOURCES

Keep these helpful resources in mind if you still find yourself struggling:

- Student Support Services [SSS]
- Talent Development Center [TDC]
- Academic Resource Consultant in Hall [ARCH]