

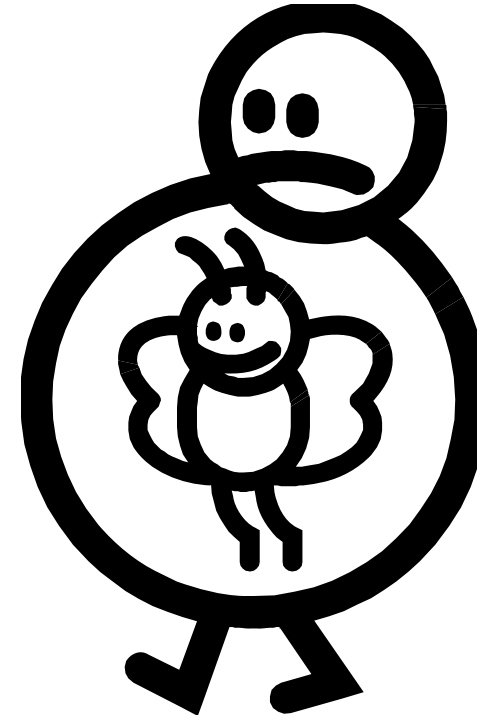


# **TEST TAKING STRATEGIES**

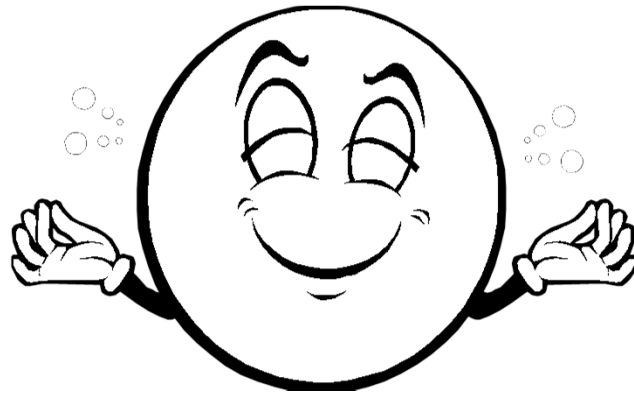
TIPS FOR ESSAY & MULTIPLE CHOICE EXAMS

## 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



# REMEMBER TO BREATHE!



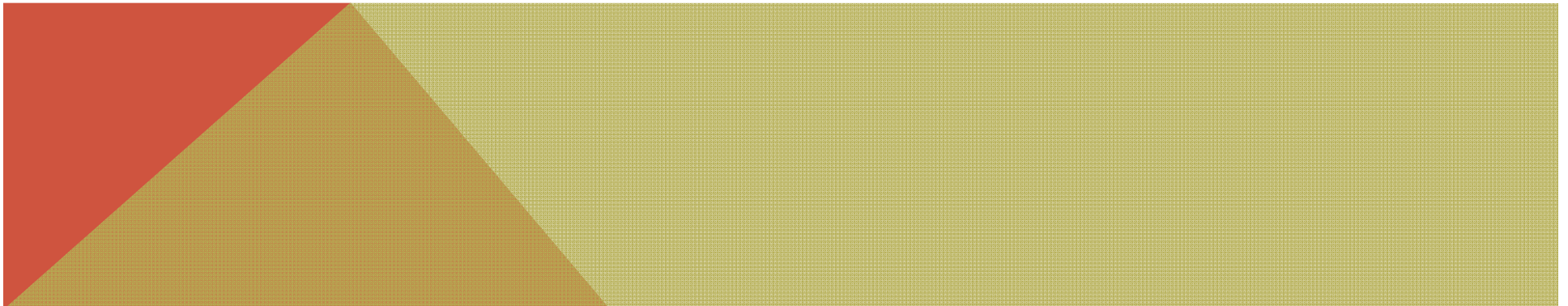
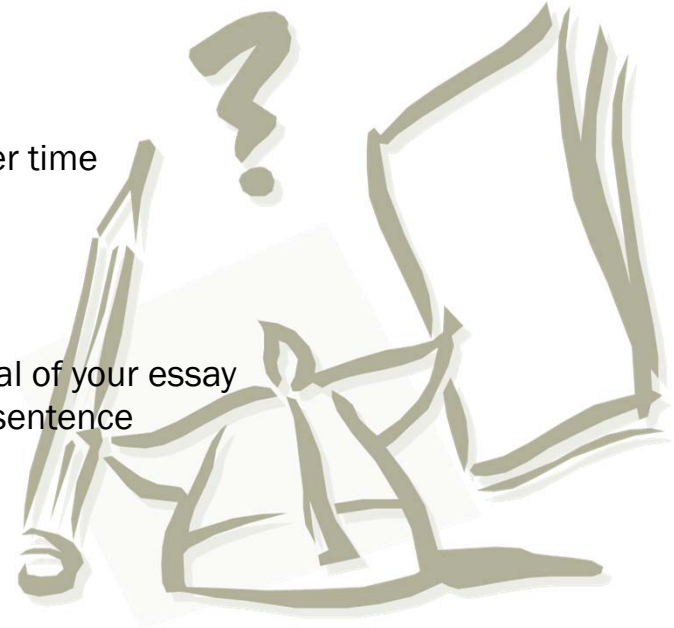
If you still find yourself anxious, try a breathing exercise:

- Inhale for 4 counts
- Hold your breath 4 counts
- Exhale for 8 counts
- Repeat



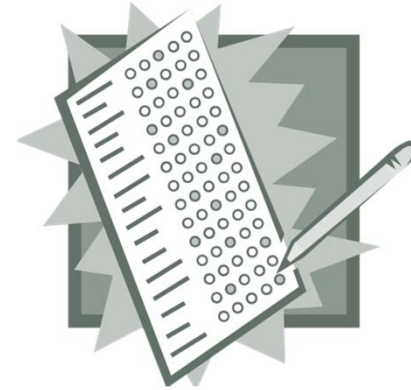
# ESSAY QUESTION TIPS

- 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](#)]

