

TEST-TAKING STRATEGIES:

BEFORE

STRETCH
or go for a walk
ahead of time
to relax.

ARRIVE
early with all
you need!

FIND
a seat and take
deep breaths.

TAKE
a moment
to focus.

DURING

READ
through the
whole exam.

PACE
yourself.

TAKE
2 minutes to
jot down what
you don't want
to forget.

READ
each
question
closely.

CIRCLE
key-words.

ANSWER
all parts
of each
question.

IF STUCK

MARK
to return to,
then move on.

THINK
back to your
studying.

LOOK
for clues in
other
questions.

THINK
like your
instructor - what
do they want
to see?

DON'T
psych yourself
out. Keep
moving
forward.

OVERALL

DEVELOP
a system to
review, being
sure you've
answered all
Q's.

LEAVE TIME
to double-check
answers,
especially
computational.

BELIEVE
in your ability
to succeed - you
can do this.



IF YOU FIND THAT YOU'RE STRESSED...

No, don't make like a bird and fly away, but do try these stress-relieving techniques.

BEFORE THE TEST

1. **Practice is your friend.** Schedule as much practice of the material as you can into your studying: take tests that mimic/simulate your upcoming exam, recite info aloud, teach ideas to others, etc. The goal is to learn to the point that there's no way you can get it wrong.
2. **Be sure to take breaks.** It's important - for your well-being and your memory - that you give yourself time to recharge. Move around, look up, talk to someone about something else, and return to your study fresh.
3. **Get enough sleep and eat well.** Sleep is integral to the memory-making process, and your brain needs fuel in order to learn. Success is holistic, and your test performance will be influenced not only by your study, but by how well you take care of yourself, too.

DURING THE TEST

1. **Stop negative-talk in its tracks.** Testing can be stressful, and stress can lead to judgement, which can lead to more stress. If you catch yourself in the judgement act, try to reframe your thinking: every test and exam provides information and opportunity to grow, and this learning can be used in future prep and test-taking.
2. **Pause and take a series of deep breaths.** You might even try closing your eyes. Try to just think about your breath and nothing else, or think about exhaling your nervous energy and inhaling calm. You can do this.
3. **Try tensing and releasing your muscles.** Again, take just a few moments to do this, but really focus on your muscles, and nothing else. For example, one at a time, tighten each muscle in your arm and then work backwards to relax each one, too. Then, return to the test!

SOURCES



Check out the sources we used to develop this packet, and take a look at one of these 3-weeks-to-finals calendars filled out to get a feel for how you might complete yours: success.oregonstate.edu/finals-survival.

Want to talk more about your exam prep and how it can work even better? Swing by **Waldo 125** and talk with one of our **ASC Strategists!** Or make an **Academic Coaching** appointment for yourself to think aloud with the coach and return to your learning with fresh ideas.



The Academic Success Center • Waldo 125 • 541-737-2272 • success.oregonstate.edu • bit.ly/getcoachedOSU.com