



Top Test Taking Strategies

- **USE EFFECTIVE STUDY TECHNIQUES TO LEARN MATERIAL.**

(Learn how at the Tutoring Center, through a Study Skills workshop, taking a College Success Class, or by researching effective study habits)

- **HAVE A STUDY PLAN - ABOVE & BEYOND HOMEWORK.**

(Begin early, repeat often - *repetition is the key*, and space out your review days)

- **FORM A STUDY GROUP - THEY REALLY WORK!**

(You can even get a tutor to facilitate it; any group of 4 or more can be arranged for the entire quarter)

- **MAINTAIN A POSITIVE ATTITUDE AS YOU STUDY.**

(This will carry over to your test taking - Don't even think about failing!)

- **KNOW WHAT KIND OF TEST YOU WILL BE TAKING.**

(Don't be afraid to ask your professor, previous students, or even your tutor)

- **GO INTO THE TEST WELL RESTED AND WELL FED.**

(Vitamin C and proteins (without carbs) are your best options; eating light and nutritious will help you stay alert)

- **STAY RELAXED DURING THE TEST.**

(Some degree of anxiousness or "anxiety" is actually healthy as it puts our mind into a 'battle ready' mode; if you have a tendency to panic and go "blank", practice slow, deep breathing to slow down your heart rate and regain a sense of calm)

- **USE D.E.T.E.R. STRATEGY**

Directions: Read them thoroughly, ask questions if they are unclear

Examine: Each question or section so that you know what to expect

Time: Allot enough time for each section to be sure you have enough time to finish test

Easiest: Answer the easiest problems first, then tackle the tougher ones; skip what you don't know and don't stress about it (solutions may come to you later into the test)

Review: Check your work; go back and make sure you answered everything

- **KNOW STRATEGIES FOR TAKING EACH TYPE OF EXAM.**

(Multiple Choice, True/False, Essay: See our handout for each different type)

- **DO A 'BRAIN DUMP' ON THE BACK OF TEST OR ANY BLANK AREA BEFORE YOU BEGIN.**

(Jot down any key data you memorized: formulas, timelines, chemical compounds, etc. This will help you feel assured so you don't panic or save you if your mind goes 'blank' because you panicked anyway.)

- **TAKE THE PRESSURE OFF: YOUR LIFE DOES NOT DEPEND ON THIS TEST!**