Test Preparation

“If ye are prepared, ye shall not fear.” (D&C 38:30)

Three Reasons Students Fail Tests

1. Test Anxiety/Stress
2. Lack of Preparation
3. Poor Test Taking Techniques

Two Types of Test Anxiety

1. Facilitating: motivating pressure
2. Debilitating: stops progress & harms us physically

THREE WAYS TO PREPARE FOR AN EXAM

1. Mentally
   - At the beginning of each semester, develop a daily schedule that allows time for class preparation, study, review, recreation/leisure, eating, and sleeping.
   - Find a study area that suits your personal needs and learning style.
   - Studying and reviewing are two different things, so make sure you have time for both!
   - Take some time every day to relax and let your brain stretch out a little. You need mental breaks to retain more information, and when you have a test coming up, you’ll want to remember as much as possible.
   - Make mental “hyperlinks” as you study--link important facts or dates to a pun or connect facts to a made up story. The stranger the story, the easier it will be to remember.

2. Emotionally
   - Positive thoughts make the best emotional preparation.
   - Plan a reward for after your test. It might be a candy bar on your way out of the testing center, an hour to relax with your favorite TV show, or a long run. This will improve your mood and give you something to look forward to.
   - Leave yourself some time before the test to relax your mind and collect your thoughts one last time before you go to conquer your test!

3. Physically
   - Eat a healthy and balanced diet. In order for our brains to work best, we have to be using the right fuel! This includes three well-rounded meals each day. (midnight pizza does not count as one of the three.)
   - Exercise can be an excellent way to relieve stress.
   - Physical relaxation is just as important as mental relaxation. Stress can make you forget important information, so make sure you take time to evaluate the tension in your body, and remedy it!
TEST TAKING STRATEGIES

BYU TESTING CENTER TIPS

testing.byu.edu

+ Always have your ID card with you. If you forget it or can't find it, the ID card function on the BYU App is an acceptable substitute, or else have a printout with you of your entire ID card from RouteY.
+ Know the class number (e.g. Bio 100) and professor's name beforehand.
+ There is a testing room upstairs that plays classical music (the same playlist as the music section on the 2nd floor of the library).
+ Bring a pair of earplugs to the testing center if noise makes it hard for you to concentrate.
+ Food and drink are allowed, as long as they are non-disruptive. (A bag of popcorn or potato chips is probably a bad idea.)
+ Sometimes it's chilly, sometimes it's warm, so if you'll be there a while, plan on layering your clothing. Try wearing a short sleeve shirt and bringing a sweater or jacket.
+ Check line conditions before you push the limit for time. (testing.byu.edu --> General Information --> Line Conditions)
+ Be sure to check the hours the testing center is open! (testing.byu.edu --> General Information --> Testing Center Hours)
+ Bring two pencils. If you don't have one, you can buy one from them for 30 cents, which they'll charge to your student financial center account.
+ Make sure you are following the Honor Code. They will turn you away if you are not clean shaven or wearing revealing clothing.