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TEST PREPARATION

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BYU Academic Success Center

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WHAT'S STOPPING YOU?

LIST 3 ISSUES THAT PREVENT YOUR TEST SUCCESS

1. _____

2. _____

3. _____

LIST 3 THINGS YOU WANT TO LEARN FROM THIS WORKSHOP

1. _____

2. _____

3. _____

TEST ANXIETY

“It is perfectly normal to be anxious about an exam. If you weren’t a little anxious about your performance, you probably would not study at all.”

DIANNA L. VAN BLERKOM

BEFORE THE EXAM

- BEWARE OF NEGATIVE SELF STATEMENTS
- BRING SUPPLIES
- ARRIVE EARLY

DURING THE EXAM

- SIT IN AN AREA WHERE YOU CAN CONCENTRATE
- RELAX!
- WRITE IT DOWN
- READ THE DIRECTIONS CAREFULLY
- ALLOCATE TIME
- EASY QUESTIONS FIRST
- DON'T CHANGE ANSWERS IMPULSIVELY
- REVIEW YOUR ANSWERS BEFORE TURNING IT IN
- REVIEW YOUR TEST AFTER IT'S GRADED

TEST PREPARATION

ASK YOURSELF

HOW DO YOU PREPARE ACADEMICALLY FOR AN EXAM?

WHAT CAN YOU CHANGE TO BETTER PREPARE ACADEMICALLY FOR AN EXAM?

ACADEMIC PREPARATION

- Begin your studying the first day of class
- Create a study group that meets regularly, not just the week before an exam
- Make a plan to review on your own often
- Make a task checklist when preparing for exams
- Refer to study guides
- Participate in class and TA reviews

EMOTIONAL PREPARATION

Be positive

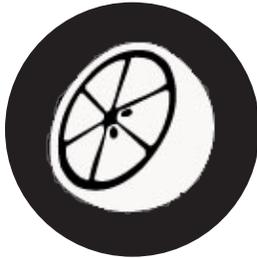
Squish the ANTs

Stay Relaxed

Combat Anxiety

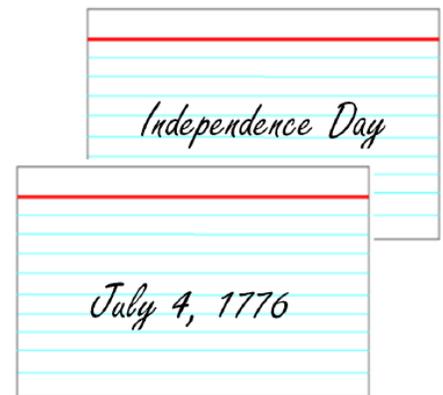
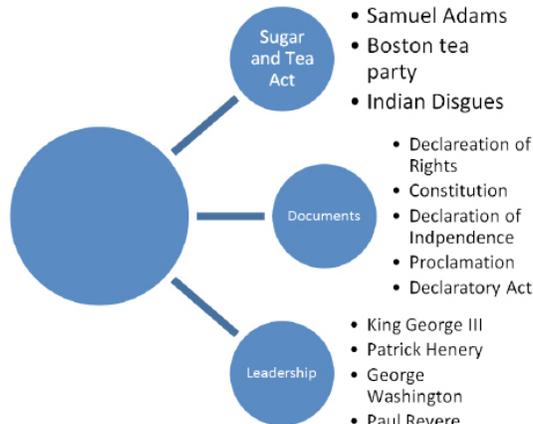
TEST PREPARATION

PHYSICAL PREPARATION



STUDY METHODS

Am. Heritage	Exam One	Monday-Wednesday (Testing Center)
<u>Dates</u>		
1752-1763 French Indian War	1765 March 22 Stamp Act	
1763 Proclamation	1766 Declaratory Act	
1764, April 5 Sugar Act	1776 July 4th Dec. of Independence	
<u>People</u>		
Patrick Henry: (1736-1799) Virginia, Stamp Act Resolutions, treason against mother country, 1 st Continental Congress		
Paul Revere: (1734-1818) Silversmith, <u>midnight ride</u> (intelligence and alarm system)		
**Samuel Adams: Political organizer, Chaired the meeting for Boston tea party.		
<u>Sons of Liberty</u>		
King George III: King of Britain		
<u>Places</u>		
Boston: Massacre (1770) patriot mob throwing things at British Soldiers and several colonist		
*Tea party (1773) British taxing tea, 342 chests of tea, Native Americans disguise		
Virginia: Declaration of Rights (1776, June 12)		
First Virginia Constitution (1776, June 29) U.S. Constitution similar		



SUMMARY SHEET:

Condensed, re-organized version of detailed lecture notes and textbook markings using key words for recall.

CONCEPT MAP/GRAPHIC OVERVIEW:

A visual representation of titles and subtitles using geometric shapes.

INDEX CARDS:

A straightforward way to study definitions, facts, formulas, and vocabulary words. Write the title on one side and the information on the other. Review often.

STUDY CHECKLIST:

Write down what you need to study and decide how long you need to work on it. Have a plan going into studying.

ONLINE RESOURCES:

Learning Suite quizzes, study guides, collaborating notes on Google Doc, professor rating websites, Quizlet (<http://quizlet.com>).

OLD EXAMS:

Take practice exams or review previous exams (midterms, quizzes, etc). Questions from previous tests (especially from that semester) are often on comprehensive finals.

VERBAL RECITATION:

Explain concepts to somebody else. Explaining a concept in your own words will ensure that you understand the material and help with recall. Will also help with being able to apply concepts.

THINKING ABOUT CRAMMING?

**“CRAMMING IS A TECHNIQUE FOR SURVIVAL,
NOT SUCCESS.”**

CONS OF CRAMMING

1. Cramming is not learning.

There is nothing that will take the place of truly learning the material.

2. Cramming involves selectivity.

You can't cram everything. You have to decide on the most important information and concentrate on those facts. You can't study everything.

3. Cramming has limits.

It won't work if you haven't cracked a book all semester and didn't attend class (or slept through every lecture). The more classes you cram for, the less effective it will be.

WHEN IT'S YOUR LAST OPTION

1. Make a plan.

Don't panic and jump right in. Decide what is most important to study, how much time you have, and set deadlines.

2. Make a summary sheet.

Create a "one page wonder". Use your own knowledge, information from notes, and textbook information. Only include the most crucial information. Ex: formulas, key concepts, reoccurring themes, major theories, and multi-step processes.

3. Recite, recite, recite!

Recite the material out loud until you are sure that you will be able to recall it.

4. Relax before the test.

Since the material was crammed, not learned, you will be more likely to freeze during the test or forget information under pressure. During the test, don't become disappointed about being unprepared. Do your best and plan ahead for the next exam.

NOTES