

# **B**e the Best Whenever You Test

Examinations are a fact of life in college. Be prepared. Remind yourself that you are well-prepared and are going to do well. Approach the test with a positive attitude. It might be tough, but you can do it. A positive attitude goes a long way towards success. If you find yourself anxious, take slow deep breaths to relax. Anxiety is contagious. Stay relaxed and confident. Don't stress about the test.



The Center for Academic Success (CAS) serves to advance the mission of the university community through the development of comprehensive strategies designed to enhance students' academic achievement and success. As a comprehensive center, the strategies designed to improve academic achievement and advancement rates include: centralized advisement, and student academic assistance.

Our office is here to help you develop a roadmap for success as you pursue your personal and academic goals at Savannah State University.



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Center for Academic Success  
SAVANNAH STATE UNIVERSITY

## TEST TAKING STRATEGIES



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## Test Taking Tips

- Be Prepared!!! Seek information about the exam and study effectively.
- Reduce negative self-talk. Recognize irrational thoughts and replace them with realistic, positive ones - **I WILL PASS THIS EXAM.**
- Visualize yourself being successful.
- Separate self-worth from test performance. Your value as a person is not determined by the grades you get.
- Don't be afraid to ask questions.
- Know when and where the exam will be given. You will be surprised how many students miss their exams because of scheduling mix-ups and miscommunication.
- You are the one who is ultimately responsible for your grade. Take control by preparing comprehensively for tests.

### 2 Be's for A's

1. Be Positive
2. Be Prepared

## Preparing for Tests

Test-taking can be one of the most awful things in life—or one of the most wonderful. If you consistently use good study techniques, you will process and learn most of what you need to know for a test long before the actual test date. Preparing for the exam requires you to be a strategic learner. You need to:

- Plan what to study
- When to study
- How to study

Choose the strategies and techniques that you think will work best for you. By using a variety of active learning strategies, you can achieve your goal. Study practice tests or sample tests. Check with your instructor. Review regularly. If you review on a regular basis over time, you will have an easier time retaining information.

## On the Day of the Test

- Relax. Take a deep breath. The calmer you stay during a test the better you will do.
- Read the instruction. Twice! Many mistakes occur when students don't pay attention to the directions. Make the best of your time.
- Quickly survey the entire test and decide how much time you will spend on each section.
- Answer the easiest questions first. Working with questions that feel most comfortable will boost your confidence and give you more time to spend on the difficult ones.
- If you finish early, don't leave. Stay and check your work for errors. Re-read the directions

one last time. If using Scantron answer sheet, make sure that all answers are bubbled accurately and completely.

- Arrive at the test site early. Being late can increase anxiety.
- Bring needed supplies for the test such as picture ID, pencils, pens and calculators.
- Eat right. Food is fuel. Good fuel promotes good performance. Eat a well balanced meal before any test.
- Sleep well. Taking a test requires an alert mind.

Maintaining a positive and appropriate attitude towards test is the most important step you can take. Look at a test as an opportunity to learn and show what you can do.

A Positive Outlook  
Will Help You  
To Succeed

