

Test-Taking Skills

Content Review Skills

1. Review assigned readings
2. Review class notes
3. Test yourself
4. Use mnemonic techniques(word-association)
5. Form a study group
6. Recognize your readiness

Time Management Skills

1. Record test dates
2. Schedule time for test preparation
3. Avoid cramming
4. Plan to arrive early
5. Keep track of time during the test

Test Wiseness Skills

1. Determine what the test will cover
2. Determine the question format
3. Bring items needed for the test
4. Sit in a good location
5. Read test directions carefully
6. Answer easy questions first
7. Use appropriate answering techniques

Psychological Coping Skills

1. Use relaxation techniques
2. Positive thinking
3. Expressing feelings of anxiety
4. Overlearning the material