Is This Going To Be On The Test?

- **Assess**
  - Where Am I?

- **Learn**
  - Where Do I Want To Go?

- **Plan**
  - How Do I Get There?
Assess

Where Am I?

- Am I prepared for my courses?
- Am I preparing well for my tests?
- Do I use good test taking strategies?

“Always have a plan and believe in it. Nothing good happens by accident.”

-Chuck Knox, NFL Coach
Assess: Am I prepared for my courses?

- Best Practices

Always bear in mind that your own resolution to succeed is more important than any other.

- Abraham Lincoln
Assess: Am I preparing well for my tests?

- Study Cycle
- Intense Study Sessions
- General Tips
Study Cycle

Preview

- **Preview before class** – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.

Attend

- **Attend class** – GO TO CLASS! Ask questions and take meaningful notes.

Review

- **Review after class** – Within 24 hours, read notes, fill in gaps and note any questions.

Study

- **Study** – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.
  - Intense Study Sessions* - 3-5 short study sessions per day
  - Weekend Review – Read notes and material from the week to make connections

Assess

- **Assess your Learning** – Periodically perform reality checks
  - Am I using study methods that are effective?
  - Do I understand the material enough to teach it to others?
A Note on Review…

Recall

Day 1   Day 2   Day 7   Day 30

100%

10 minutes of study
5 minutes of study
2-4 minutes of study

Recall

Day 1   Day 2   Day 7   Day 30

100%

Short-Term Memory
Long-Term Memory
Intense Study Sessions

- Set a Goal (1-2 min)
  - Decide what you want to accomplish in your study session

- Reward Yourself (10-15 min)
  - Take a break - call a friend, play a short game, get a healthy snack

- Review (5 min)
  - Go over what you just studied

- Study with Focus (30-50 min)
  - Interact with material- organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
Learn: General Tips

- Do I Use Good Test-Taking Strategies?
  - Before the test, I double check the time and location.
  - I bring needed materials with me to the test.
  - I arrive on time for tests. (Early is on time!)
  - I preview the test before I begin & I review my answers before turning in the test.
  - I read all directions carefully & I read the entire question carefully before answering.
Learn: General Tips

- Do I Use Good Test-Taking Strategies?
  - I answer the easiest questions on the test first.
  - Before writing an essay, I organize my thoughts with an outline.
  - My responses are legible and do not use abbreviations or slang words.
  - I cross out choices I know are incorrect.
  - I attempt every question: If I do not know an answer, I make the best educated guess.
  - If I freeze on a test, I use deep breathing and positive self-talk to get through it. (6 in – 8 out)
Cognitive Restructuring

- process of learning to refute cognitive distortions or fundamental "faulty thinking" with the goal of replacing one's irrational, counter-factual beliefs with more accurate and beneficial ones.

- It is NOT just “positive thinking”

- It is NOT “just stop being anxious!”
A Note on Anxiety

The goal of Cognitive Restructuring is to rethink the way we talk to ourselves - to begin to have an internal dialogue that is encouraging, empowering, motivating, yet TRUE.

What are you saying to yourself?

Would you encourage a friend with these comments?
A Note on Anxiety

Powerful Steps to Restructuring for Test Anxiety:

1. Current thought patterns: what are you saying to yourself?

2. Go to the worst-case scenario: acknowledge that you could live through the worst case scenario

3. Encourage yourself with new thought patterns that are:
   - True “I know this is going to be difficult, but…”
   - Empowering “I will not serve fear, I will serve the purpose/vision over my life”
   - Responsible “I take full responsibility for the results of this test”
   - Kind/Affirming “I am going in to share what I know”
Plan: General Tips

- Access campus resources
  - Office hours, tutors, workshops, etc…
- Take care of yourself
- Get connected
- Set goals
  - Reward yourself for meeting those goals
- Manage your time effectively
Plan: General Tips

- Use Your Resources!
  - StudentSuccess@pittstate.edu
  - Tutoring: Search ‘tutoring’ at www.pittstate.edu
- Flashcards: www.cramberry.net
- Keywords
- Examine Returned Tests
- Reducing Test Anxiety:
  - Videos
    - http://www.collegesuccess1.com/videoclips.htm
    - http://www.youtube.com/watch?v=PaeygRScL0E
Unless you try to do something beyond what you have already mastered, you will never grow.
– Ralph Waldo Emerson
References


Strategies for Test Prep & Test Taking

Student Success Programs
StudentSuccess@pittstate.edu