

# MORE TEST-TAKING TIPS

## BEFORE THE EXAM .....

- ▷ Get plenty of sleep the night before the test. Pulling an all-nighter and cramming for a test at the last minute reduces the chances that you will retain the information.
- ▷ Eat a high protein breakfast the morning of the test. Eggs, lean meat, or beans and rice will stick with you longer than cereal or donuts and give you more mental energy.
- ▷ Being a little nervous is normal. Keep a positive attitude and remind yourself that you studied and know the material.

## YOUR STRATEGY .....

- ▷ Be sure that you understand the question before attempting to answer it. Reread the question if you are not absolutely sure what it is asking.
- ▷ Come up with an answer before reviewing the choices. If you see your answer listed, you can feel confident about it.
- ▷ Make sure that your answer makes sense in context of the question, but don't second-guess your answers. Your first response is often the right one.
- ▷ Answer the questions that you are sure about first and skip the others. You can go back to them later.

## FOR THE TOUGH QUESTIONS .....

- ▷ Eliminate those choices that you know are incorrect
- ▷ If you can't completely answer the question, when possible, provide a partial response. You might get some credit for a partial response, but you will not get any credit for no response.
- ▷ Even if you can come up with an answer in your head, when appropriate, show your work. Even if your answer is wrong, you may get partial credit if your approach is sound.
- ▷ If you get stuck, close your eyes, take a few deep breaths and stretch, and then begin again.

## BEFORE YOU FINISH .....

- ▷ Make sure you answered every question. Check for more questions on the back of the test.
- ▷ Proofread your essay, checking closely for grammar and spelling mistakes.
- ▷ For tips on answering essay questions, check out these guidelines from BYU. (<https://casc.byu.edu/testtaking-strategies>)