



High School Success

Study Skills Seminar
Lesson Eight—Test Taking and Test
Anxiety

Study Skills Seminar

Your High School Toolkit



- Lesson 1—Time Management 101
- Lesson 2—Organize Your Time and Space
- Lesson 3—Organize Your Things
- Lesson 4—Study Plans and Recovery Work
- Lesson 5—Formative Grades
- Lesson 6—Study Techniques
- Lesson 7—Note Taking Tools
- **Lesson 8—Test Taking and Test Anxiety**
- Lesson 9—Study Skills Recap

First, let's debrief from last week

Discussion—



Did anyone start using the
Cornell Method? Please
share how it is working for
you.



Review at night to get it right!

Test Taking Strategies

Reasons for Poor Performance



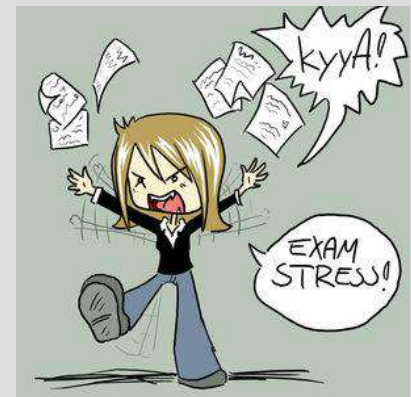
- Being absent and not making up missed work
- Not paying attention in class
- Not completing homework
- Waiting too long to begin studying
- Studying the wrong material
- Running out of time
- Test anxiety

Test Taking

The Basics



- Know what material will be included on the test
- Budget time well in advance to study and review
- Practice, practice, practice!
- Make flash cards for key material and use Quizlet.com
- Work with a study group to divide up material and practice teaching each other
- Be at your best mentally and physically





Discussion

Share some test taking tips that you have found to be effective.

Test Taking

Multiple Choice



- There's one correct answer—it's your job to find it!
- Read the question carefully and look for words like (*always, only, most, all, never, completely, best, worst, smallest, largest*)
- Answer the question in your own words and then look for your answer
- If you don't see your answer, start eliminating responses until you can get down to two possibilities

Test Taking

Multiple Choice (cont.)



- Be wary of multiple-response questions—“all of the above” “none of the above” or a combination of choices
- Underline key terms and clue words
- For multiple-response questions, treat each response as a True/False situation

Example:

The three branches of government include:

- A. Executive, Judicial, and Senate (False)
- B. Presidential, Judicial and Executive (False)
- C. Presidential, Legislative, and Punitive (False)
- D. Executive, Legislative and Judicial (TRUE—D must be the answer!)

Test Taking

True/False



- A statement has to be completely true for you to select *true*
- If any part of the statement is false, then your response should be *false*
- Be careful of reading too much into the question—answer it on its face value
- Look for words like *all*, *only*, and *always* and assess if the statement is true in all instances
- Look for words like *frequently*, *likely*, *generally*, and *usually* and assess if the statement is true most of the time

Test Taking

Matching



- Be careful with these because an incorrect answer leads to a domino effect of wrong answers
- Match the items you are certain of, cross off the choices that you have used, and proceed with the remaining items
- Analyze the remaining choices to look for clues

Test Taking

Short Answer



- Typically can be written in paragraph or bullet list format
- Make sure you've answered all parts of the question
- Emphasis is primarily on your ability to show you know the information not quality of writing

Test Taking

Essay Exams



- Comprehensive analysis
- Look for words, such as, summarize, defend, solve, explain, list, debate, clarify, describe, compare and contrast to determine how to answer the question
- ROW method**—
 - R- Read (Read the question multiple times)
 - O- Outline (Outline the main topics you want to cover in the margins or on the back of the paper)
 - W- Write your essay, remember to use an opening and closing paragraph

Test Taking

Take Home and Open Book



- Students usually get excited about these tests
- Open Book exams require preparation—sticky notes flagging important information, page numbers jotted down for key charts, etc., and summary sheets created to make info easily accessible
- Don't take these too lightly!



Test Anxiety

Before the Test



- Prepare so you feel confident that you know the material
- View the exam as a way to demonstrate what you know
- Avoid speaking with students who have not prepared or express negativity (You know the ones I'm talking about!)
- Catch yourself! When you begin having negative thoughts, such as, "I'm going to fail this test", immediately begin positive self-talk, such as "I'm prepared for this test" and "I can handle this!"

Test Anxiety

During the Test



- Read the directions carefully
- Budget your test taking time
- Change positions to help you relax
- If you go blank, skip the question and go on
- If you're taking an essay test and you go blank, pick a question and start writing—It may trigger the answer
- Don't panic when students start handing in their papers—There's no reward for being the first one finished



Next Session—Lesson 9

Study Skills Recap

See you next time!

