

HOW CAN I DO BETTER ON TESTS?

THE BIG THREE:

- Test Prep
- Test Taking
- Test Anxiety

These are the 3 major reasons students encounter difficulty on tests.

1. TEST PREPARATION

Symptoms:

- poor test grades
- errors on particular types of questions
- a feeling that you really knew the material but still did poorly
- a sense that you studied the wrong things

Causes:

- *when* you study
- *how* you study
- *where* you study
- *what* you study

2. TEST TAKING

Symptoms:

- "dumb mistakes" which lower your grade
- certain kinds of questions which consistently cause loss of points

Causes:

- a strong preference for a particular type of test or test question
- a tendency to study as if all tests were the same
- failure to interact with the test sheet
- poor strategies on particular types of questions

3. TEST ANXIETY

Symptom: inability to show what you know in a wide range of tests

Causes:

- superficial learning - easy come, easy go
Tension "scares" crammed, poorly learned knowledge away.
- other tension-producing factors

HOW TO TAKE ACTION FOR DOING BETTER ON TESTS

Meet with your professor or a tutor in the Learning & Advising Center if you are having trouble understanding the course material. If you seem to understand the material, then call 951-2730 to set up an appointment with a professional tutor for an individual working session of test analysis and strategy improvement. Be sure to bring your test and your class notes.

The Learning & Advising Center



A bright idea!