Take Charge of your Test Prep

# Strategies to use BEFORE the test

* Take a light jog or brisk walk
* Come prepared with any tools you’ll need (and backups in case there’s an issue)
* Get to the classroom as early as you can to talk some time to relax
* Sit in the same seat as you would for a normal class.
* If possible, do a short final review session in a classroom with a similar layout
* Eat a good breakfast before the exam
  + Avoid sugar and caffeine
  + Try to eat fruit and whole grains

# Strategies to use DURING the test

* As soon as the test begins, write down any hard to remember information
* Answer questions you know well and that carry the most points first
* If you experience a memory block, take a deep breath and put yourself back in the environment where you studied
  + Try to think of any idea or piece of information that relates to the question
* Underline key points of the question
* If multiple choice, read all choices and use process of elimination
  + If you’re unsure, pick the answer with the most qualifying words or the longest answer
* If an essay/short answer, create an outline to help you remember key points
* Back up essay points with evidence
  + Claim - What do I know?
  + Evidence – How do I know that?
  + Reasoning – Why does your evidence support your claim?
* Proofread for spelling and grammar
* For open book/note exams, study as though it weren’t open book/note
  + Review and annotate notes/book to make it easily accessible
  + Answer all the questions you can without the book first

# Strategies to use AFTER the test

* Determine where you’ve lost and gained points
* Reflect on feedback given
* Review exams with classmates

# Campus Resources

* Learning Services
  + Glaeser Center 1st Floor
  + Email: [Learningservices@juniata.edu](mailto:Learningservices@juniata.edu)
  + Phone: 814 – 641 – 3150
* Student Accessibility Services
  + Good Hall 218
  + Email: [harperk@juniata.edu](mailto:harperk@juniata.edu)
  + Phone: 814 – 641 – 5840