

TEST TAKING STRATEGIES

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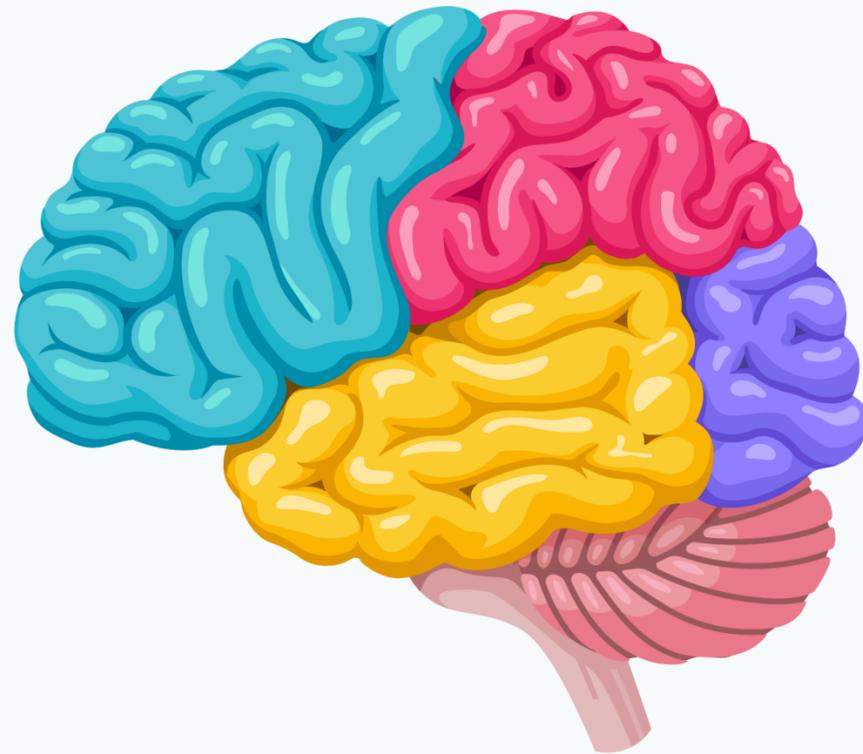
All brains work differently!

How do you study best?

What is your ideal environment?

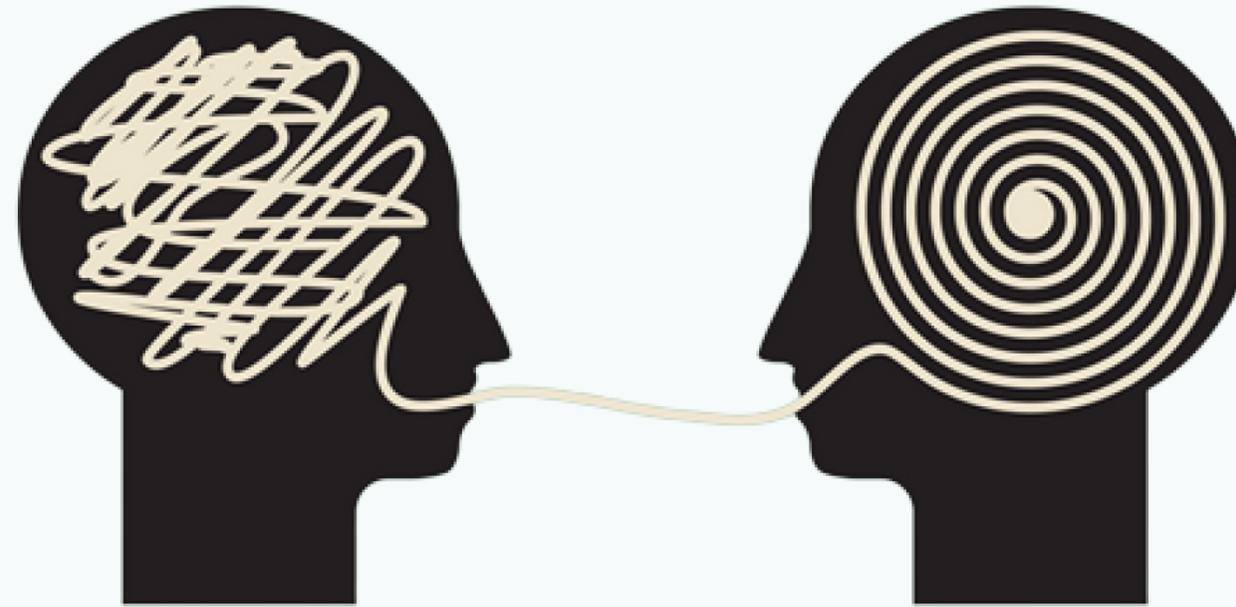
What methods do you use to make
the material stick?

All brains work differently!



Part of being successful in college is knowing what kind of student you are and what kind of structure you need to create for yourself.

Accommodations for learning with varied abilities



- learning
- mobility
- psychological
- visual
- deaf and hard of hearing
- ADHD
- autism

possible accommodations

- extended time on exams
- private testing module
- one-on-one tutoring
- note taking assistance
- assistive technology

<https://www.redwoods.edu/dsps>

Before the Exam

Give me six hours to chop down a tree
and I will spend the first four sharpening the axe.

– Abraham Lincoln



Prepare!

Topics you need to know

Test format



Prepare!

Topics you need to know

- study guides!
- course outline
- course syllabus: learning outcomes

Test format

- timed or take home?
- is there a presentation element?
- essay or problem set?
- multiple choice or short answer?

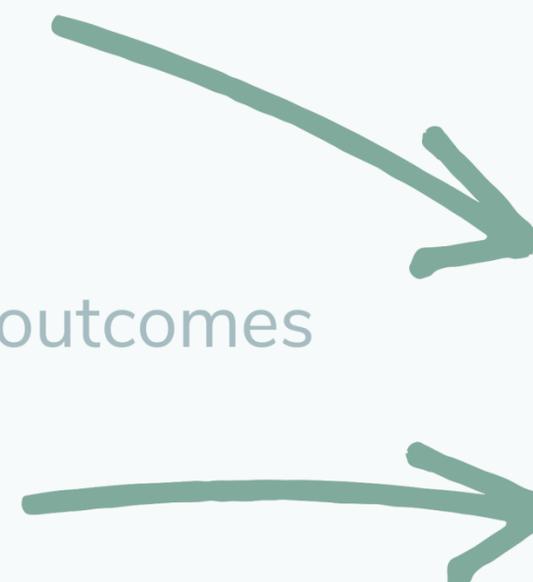


Your goal is to determine the material you need to know and the type of memory and intellectual skills you need to demonstrate.

Prepare!

Topics you need to know

- study guides!
- course outline
- course syllabus: learning outcomes



- Fact recall
- Compare/Contrast
- Apply principles, theories to solve problems
- Predict possible outcomes given a set of conditions

Test format

- timed or take home?
- is there a presentation element?
- essay or problem set?
- multiple choice or short answer?

Give yourself enough time to study

Your goal is to commit information from short term to long term memory

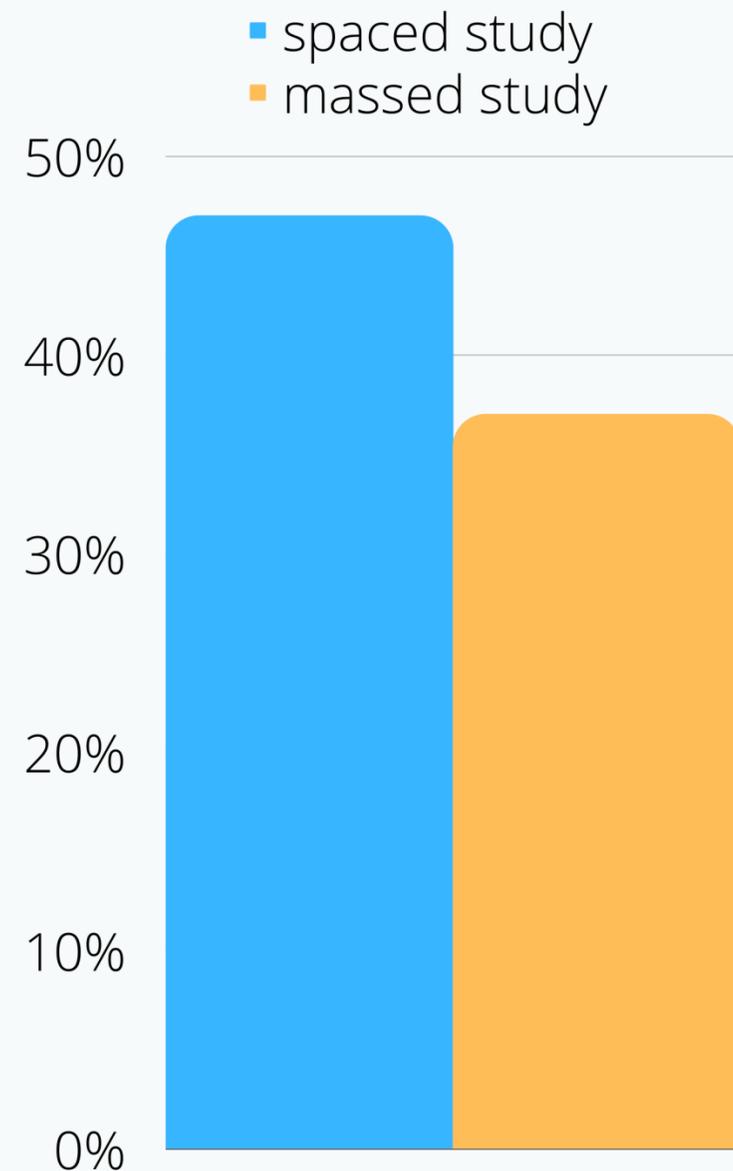
Connections are reinforced each time you recall information

The better the connections, the better you can recall the information during a test



Give yourself enough time to study

Students performed better with spaced study (47%) than after massed study (37%)



What can you do?

- schedule study sessions through the semester to revisit info and strengthen those connections
- create flashcards with [Anki](#)



Different Study methods to bring you up a whole letter grade!

The more you engage with the material, the easier it will be to recall

Ways to engage with material

- Highlighting and underlining
- Re-reading
- Elaborative Interrogation
- Self Explanation
- Practice test



Method: Highlighting and underlining

Summar, rating ★★☆☆☆

Helps you focus as you are actively reading.

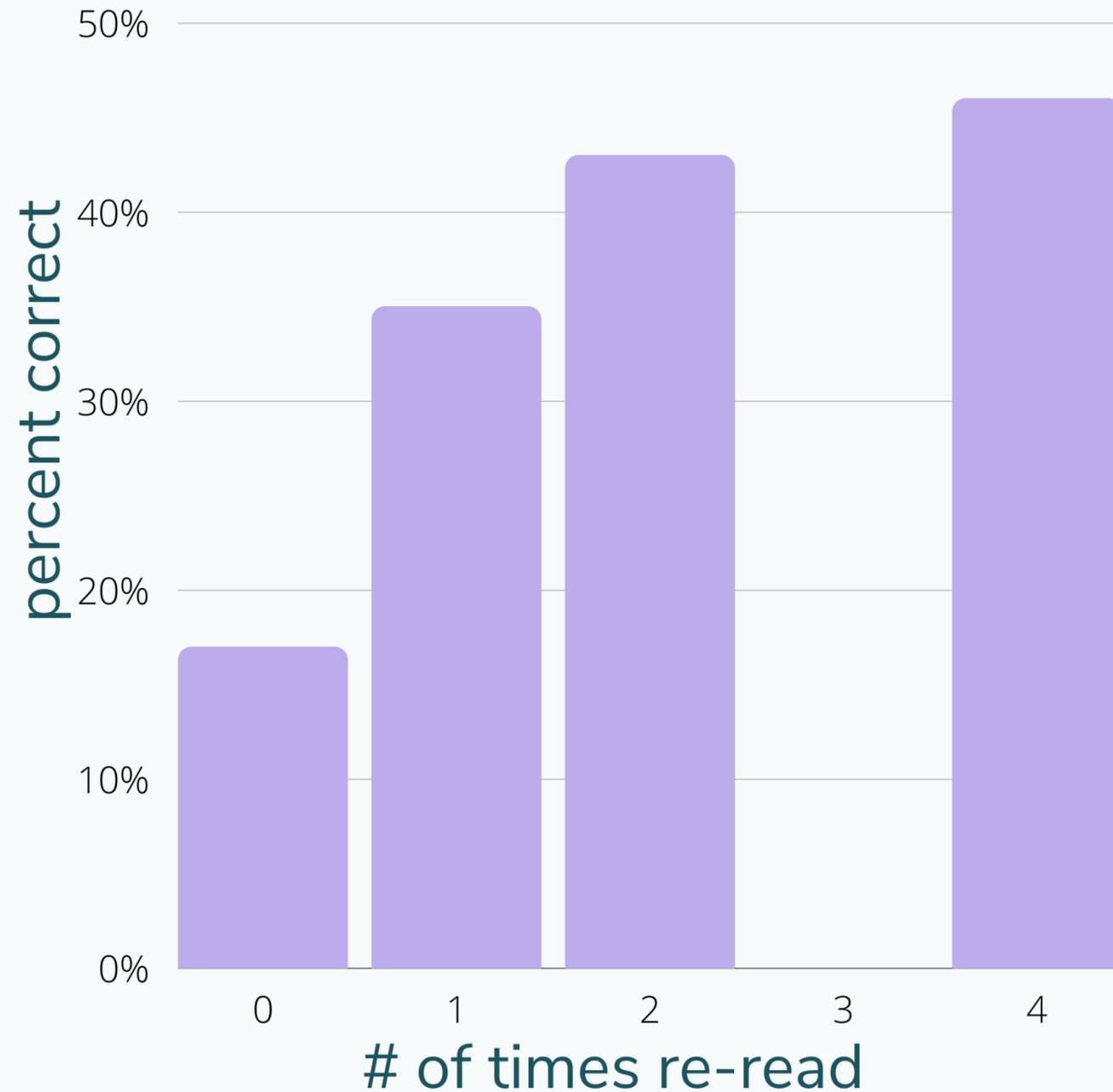
Great, if you are a kinetic learner!

You need to know how to highlight effectively!

Need a certain level of knowledge to highlight/take notes of important points



Method: Re-reading



Summary, rating ★☆☆☆☆

The more you read material, the better you can recall the info...to a point

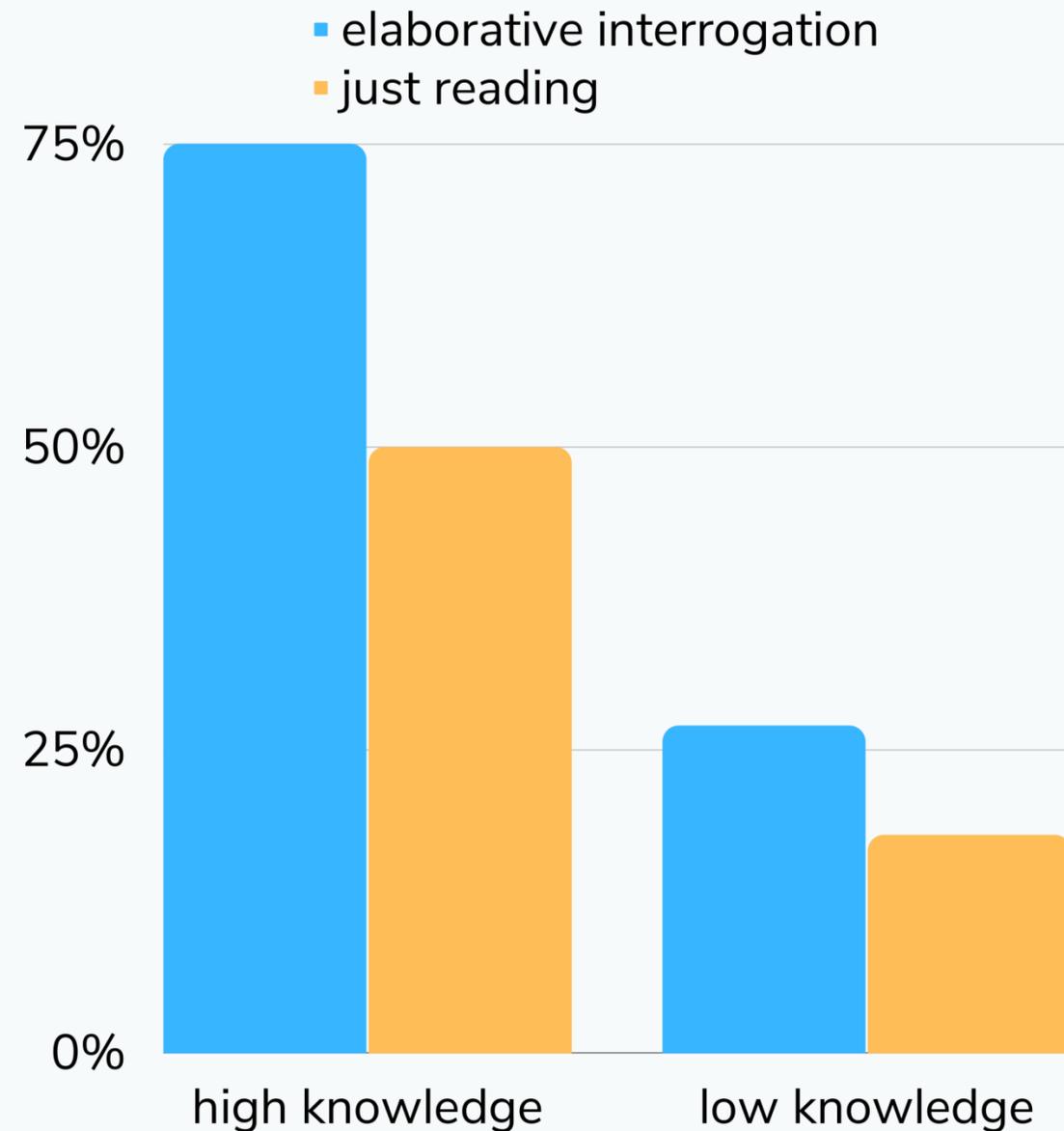
Not very time efficient because reading takes a long time!





Method: Elaborative Interrogation

"Why is it THIS instead of THAT?"



Summary, rating ★★☆☆☆

Connect new information to what you already know! *Need to have a knowledge base to build on.

Your explanations need to be correct!

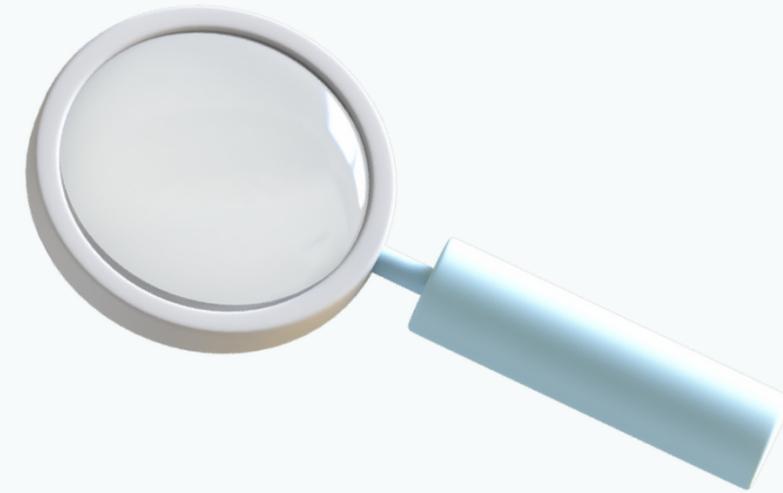
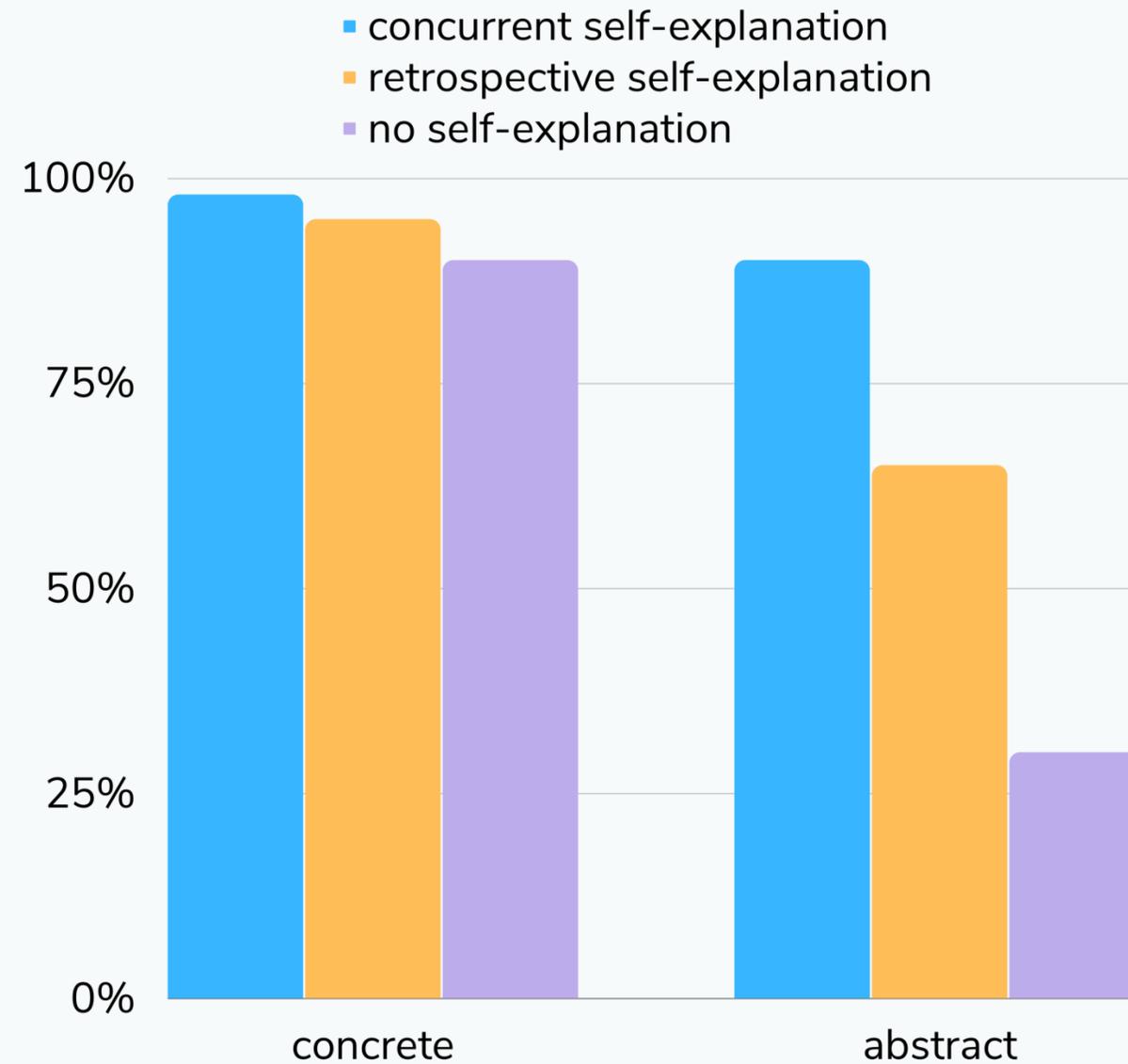
Increase your score up to 20%!

Method: Self Explanation

Explain your thought process

Summary, rating ★★★★★

Effective with abstract problems!

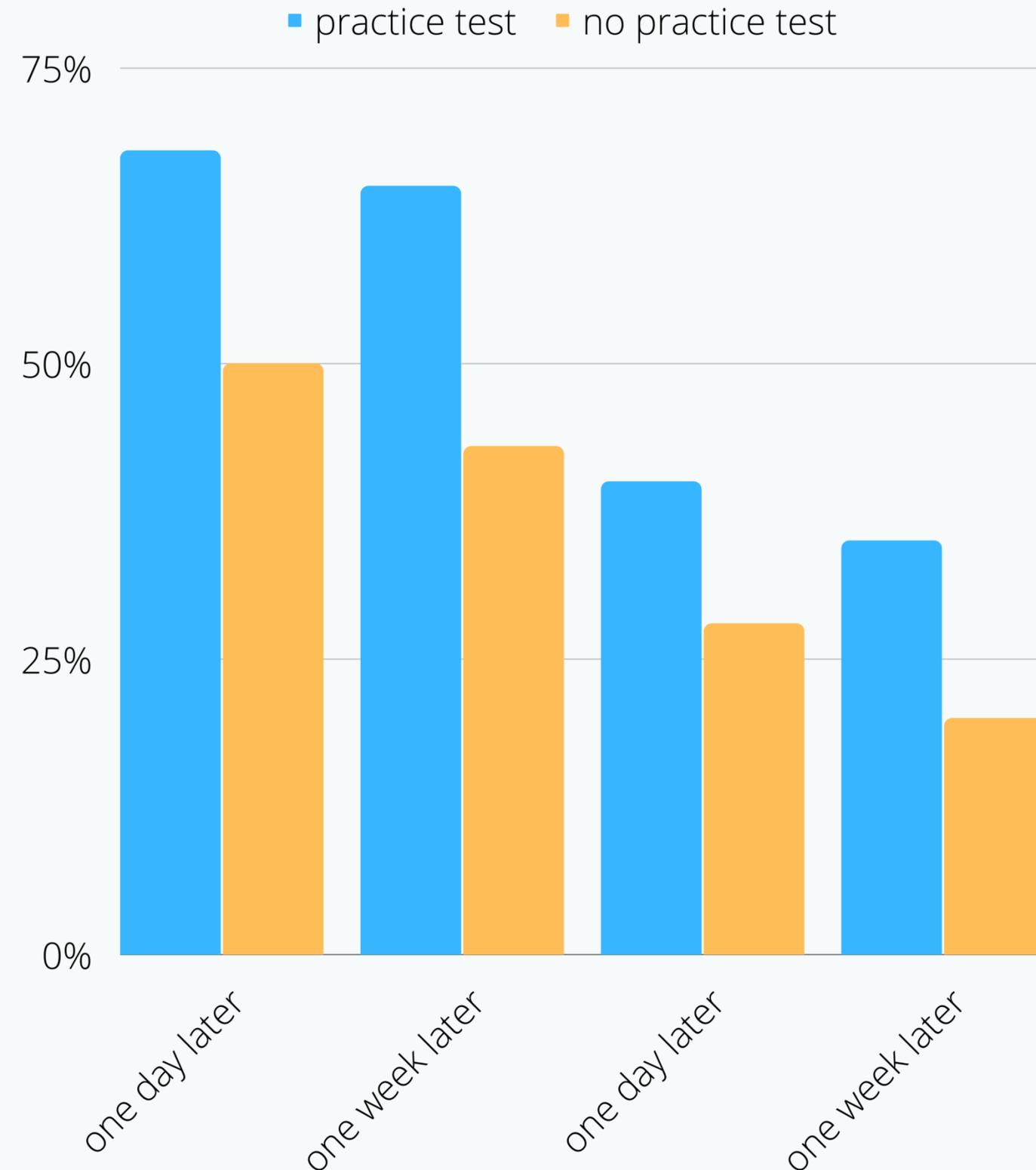


Method: Practice test

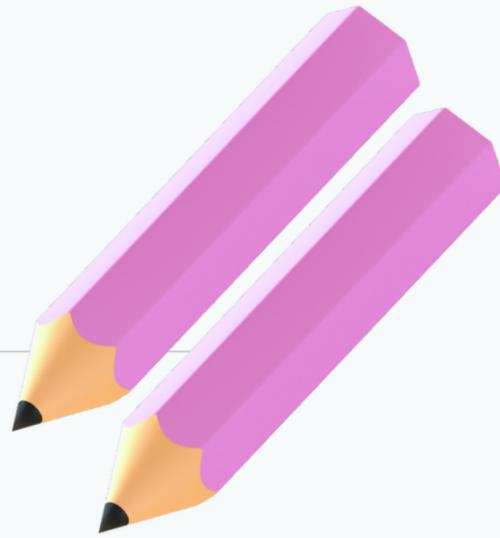
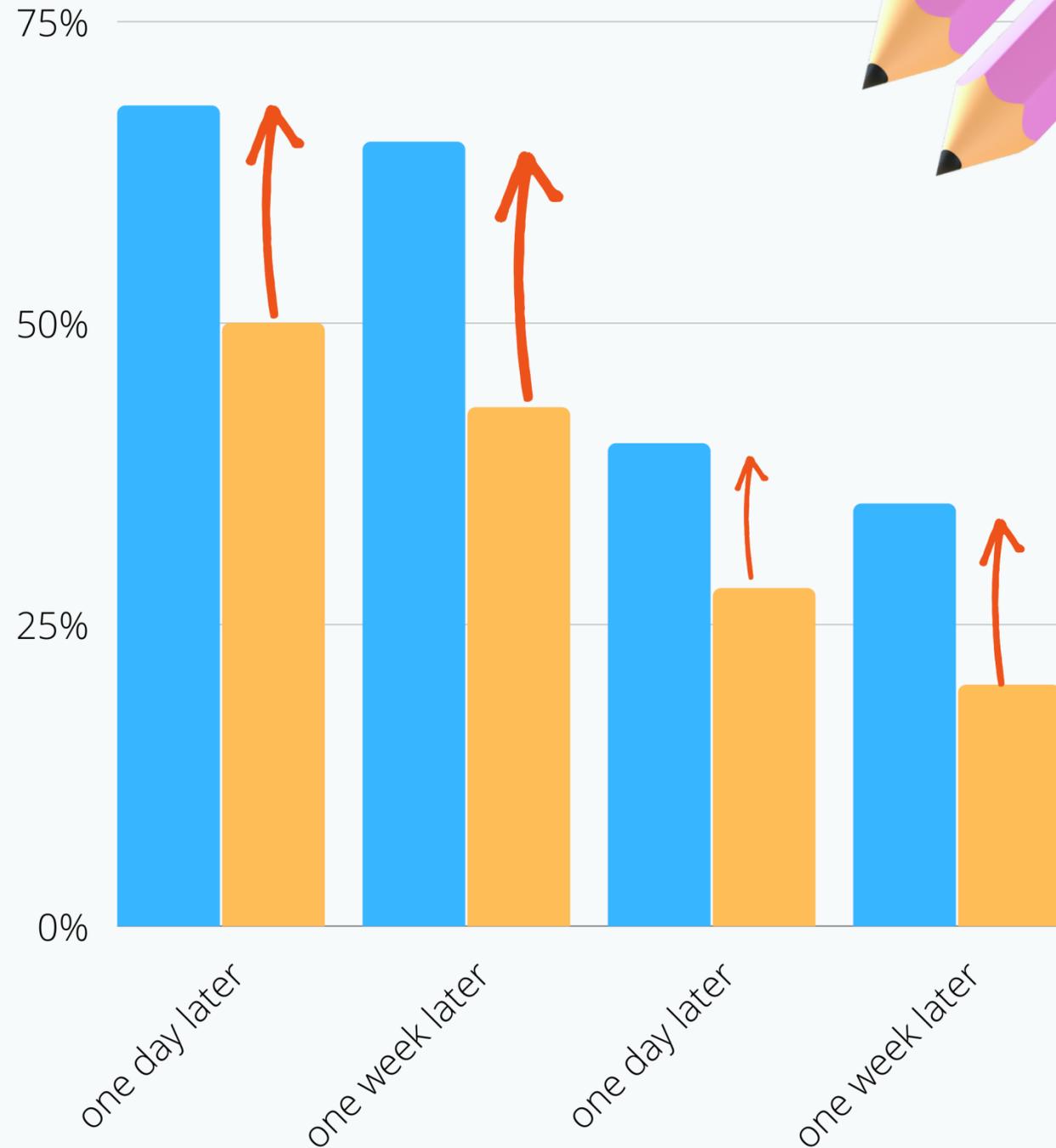
Practice actively retrieving the information

Helps focus your studies on what you need to work on.

You can simulate the testing environment!



Method: Practice test



Summary, rating ★★★★★

Practice testing has a lasting effect on memory retention and can increase your score up to 20%

The more practice tests you do, the better your performance. Space out the practice tests to be most effective with your time.

For maximum benefits, review the practice test after!

SUMMARY of different study methods:

Plan ahead, give yourself time to study!

- start early, create a study schedule, and routinely revisit the material!
- use practice tests or create your own
- if you are doing math or a multi-step problem, explain your steps
- when memorizing, ask "WHY?" to anchor the fact to prior knowledge

Other tips!

Study topics...that you don't understand yet

Get a different perspective: watch a video, ask a tutor or classmate

Study group with classmates!

Don't be afraid to ask for help :)





Don't burn yourself out!

Take a step back if you feel

...overwhelmed

...tired and unfocused

...headachy

You will retain information better when
you are not fatigued or stressed out :)

Day of the Exam



Food!

Eat a protein-rich breakfast. High-sugar foods might give you a crash during the exam!

Relax.....

Stop reviewing an hour before the exam. Try to begin your test in a calm state so you can put your energy towards recalling everything you've studied.

Try to avoid conversations with anxious classmates because anxiety is contagious.



The test is in your hands...

Breathe :)

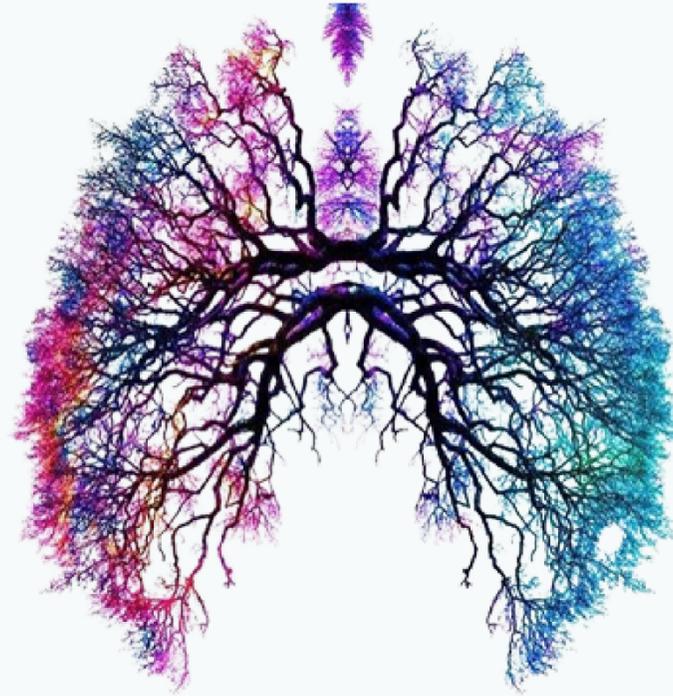
Read the directions carefully

Look over the whole test before you begin answering.

If a question is ambiguous, ask your instructor for clarification. There may be a typo! Your teacher may give you a hint :)

Show all your work to get partial credit!

Guess as a last resort....but still show some work to get that partial credit :)



TIPS

- start with the questions you know to build confidence
- focus on questions worth the most points
- if you are stumped, mark the question for later and move on to keep momentum. Another question on the exam may jog your memory!

After the Exam

Keep the test!

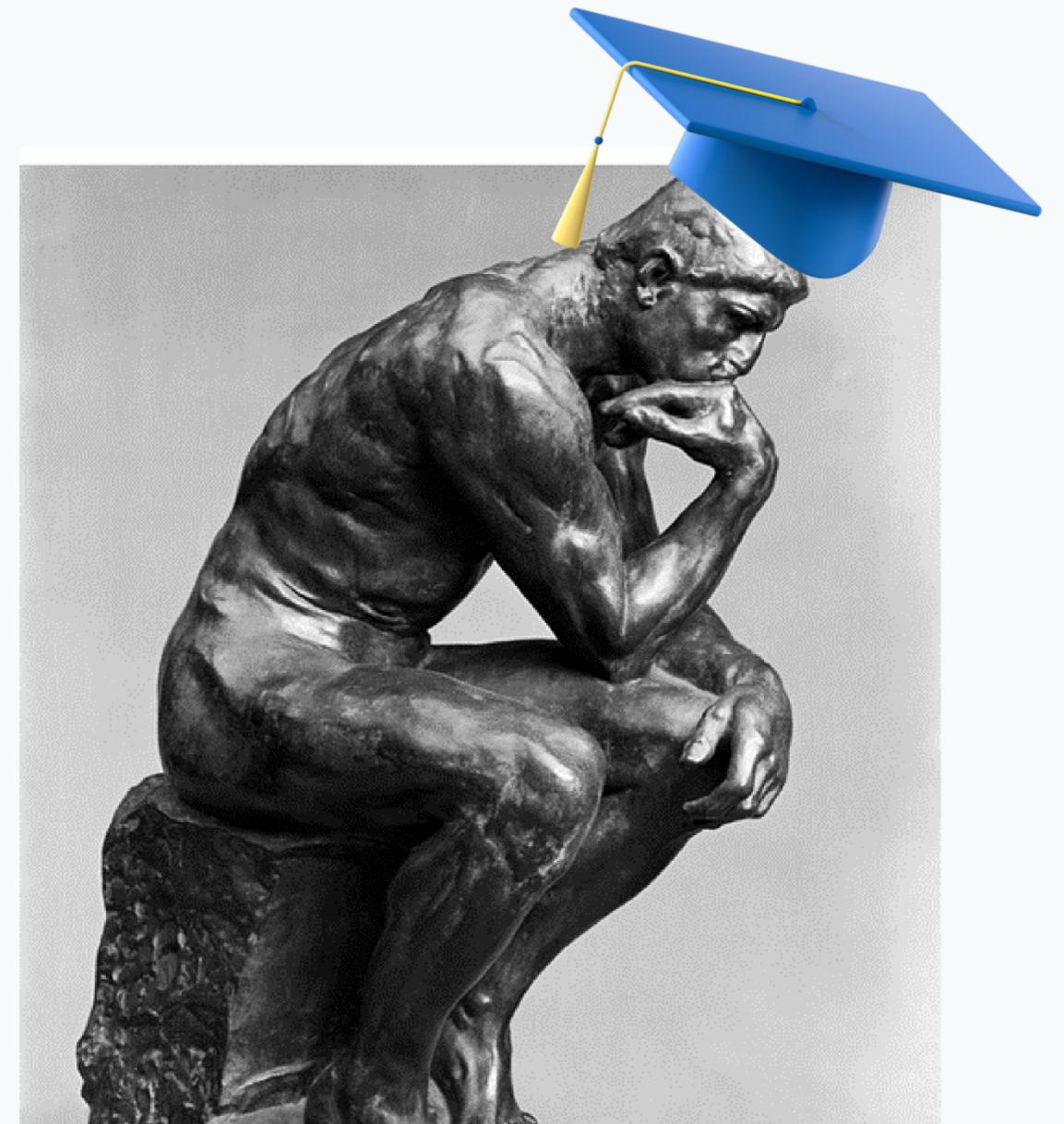
Review the exam and find the holes. It will be harder to build on your knowledge if do not understand previous concepts.

Use this test as a guide for the NEXT exam. You now know the style of your instructor's exams and how they grade!



Assess your first college testing experience

- Did your study method help you get a good grade?
- Was your study process painful or painless?
- Did you do as well as you expected?
- Were you extremely anxious, feel like you didn't have enough time, or easily distracted?
- Did you miss breakfast and foggy during the test?
- Did you cram right and notice the information left you just as quickly as you reviewed it?
- Did you do poorly on the multiple choice, true/false or short answer questions?



Knowing about yourself will help you find your own path to success.

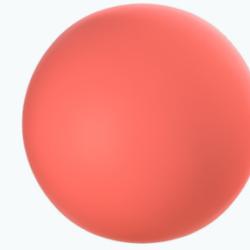
Don't be afraid to ask for help.

You have an entire team of people who are dedicated to your success and want to help you find the strategies that work for you!



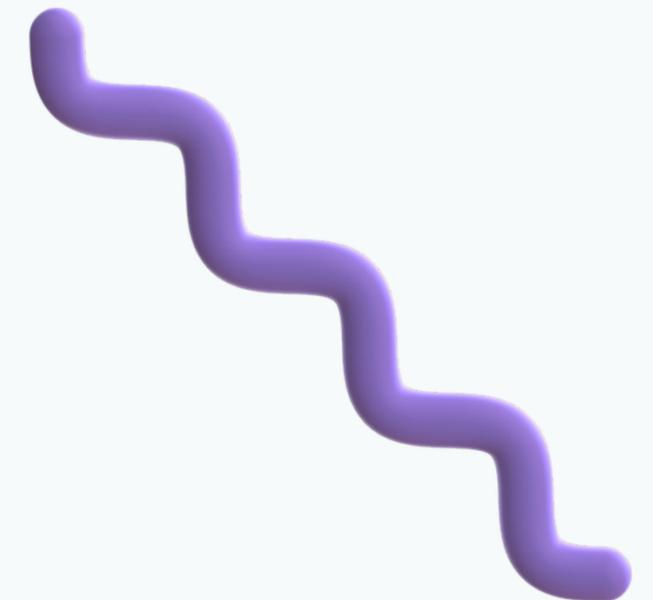
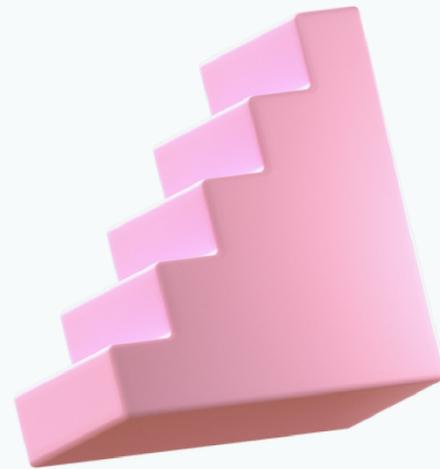
Good luck!





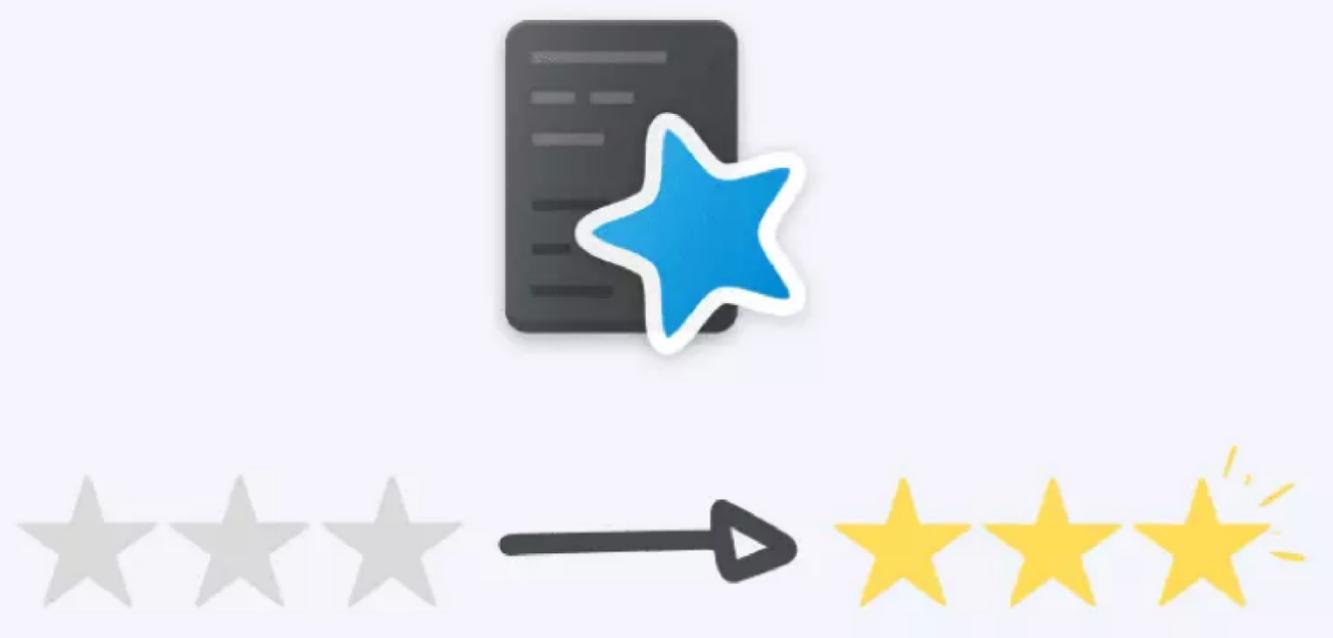
Comparing 10 common study techniques

Dunlosky, J., Rawson, K. A., Marsh, E. J., Nathan, M. J., & Willingham, D. T. (2013). Improving students' learning with effective learning techniques. *Psychological Science in the Public Interest*, 14(1), 4-58. doi:10.1177/1529100612453266



Dispersed review with Anki flashcards

<https://apps.ankiweb.net/>

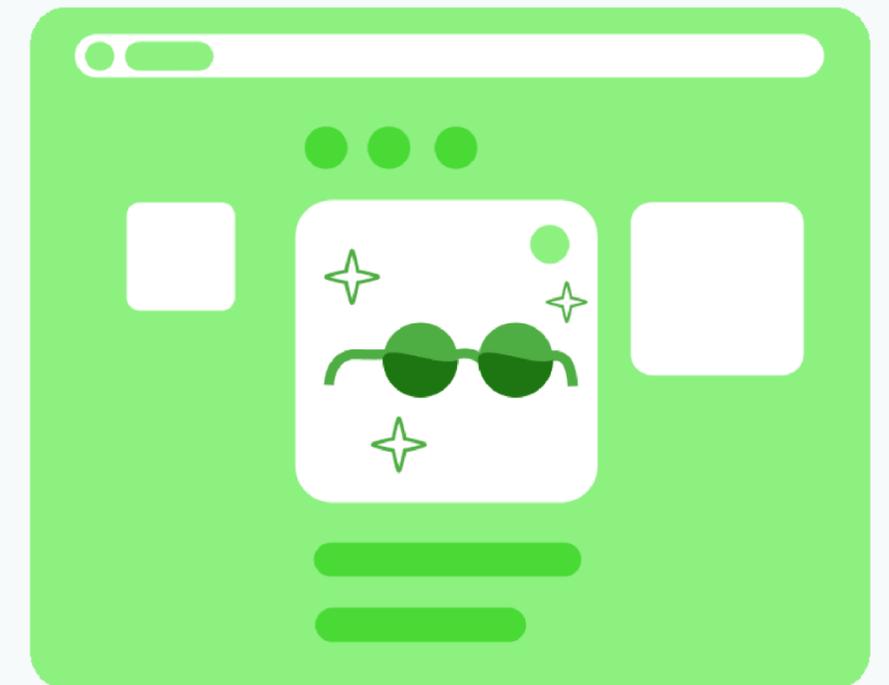


The image features the Anki logo, which consists of a dark grey smartphone icon with a blue starburst on its right side. Below the logo is a graphic showing three grey stars on the left, a black arrow pointing to the right, and three yellow stars on the right. The rightmost yellow star has a small burst of lines around it, suggesting a transition or achievement.

How to Use Anki: An Efficient Tutorial for Beginners

If you want to learn efficiently how to use Anki, this beginner Anki tutorial has got you covered. No fluff, just practical, and actionable advice.

LEANANKI / Jun 25, 2020



YouTube

<https://apps.ankiweb.net/>

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