

## **Test Taking**

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Text Taking

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An important skill for survival in college is the ability to take tests. There are several things that you must do to be a great test taker. We must know how to prepare for and take tests with confidence in order to accomplish our educational and career goals while maintain our mental health. You can turn your anxiety to motivation causing good test results.

First, you must be prepared. Attending class whether on campus or virtually is the first in becoming successful when taking tests. Being able to take notes and receive vital information from the professor will allow you to have information that will help to pass exams. Missing class time will cause you to fall behind in schoolwork resulting in you becoming overwhelmed with makeup work. You will do the makeup work just to catchup and fail the tests because you don't know the work. It is best to be present at all times so you can be a stellar student.

Studying what you are learning about is very important. Most students fail classes because they don't put in the study time required for each class. They take an overload of classes in order to get down with school not realizing how much time and effort is required to be successful in each of those classes. Developing a study schedule can be beneficial and keep you focused. Flash cards, summary sheets, mind maps and study groups are some great techniques used to study and prepare for tests depending on the personality type.

Many experience anxieties when preparing for a test or tests. Getting a good night's rest helps you not to be moody, irritable and cranky the next day. Taking deep breaths and acknowledging your anxiety are some ways to help with it. Anxiety can cause you to fail or not do as good as you could have had you not been so anxious that is why it is important to know your information and have confidence in it.

Good preparation is the key to success in many areas of life. Taking test can be extremely difficult, however, there are ways that we can overcome those obstacles. In order to get ahead,

we first must do what it takes to get ahead. Prepare for what you want to see in your life. Prepare to be successful!

Fralick, Marshall. (2018). *College and Career Success*. Kendall Hunt.