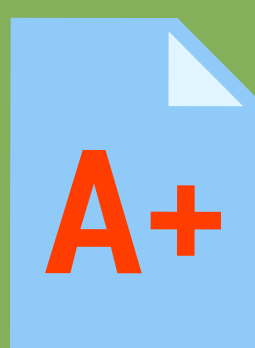


# Test Taking



## EDUCATION

Tests are an unavoidable part of the college experience. The format and style of the exam vary by subject and instructor. Test formats include objective (multiple choice, true/false, fill in the blank, matching), subjective (essays), and problem solving (math problems). Adapting strategies to different test formats can help you be successful.



It is normal to worry about how you will do on a test. This is not always unhealthy and can actually improve test performance. Tools that you have learned to manage common symptoms of concussion, like for relaxation and dealing with stressors, are often helpful and can boost performance. Good preparation from using study strategies before is the most effective way to be a successful test-taker.



## STRATEGIES

### Before the Test

- Spread out study sessions over time. NO cramming.
- Review and use other learning strategies listed in the Memory handout to help you prepare.
- Give yourself plenty of time to get to the test location.
- Calm your brain by using relaxation techniques like yoga, meditation, or playing with your pet.
- Stay positive. Visualizing the outcome you want or giving yourself a pep talk before can help you while you are taking the test.
- Maintain healthy habits. Get plenty of sleep, eat a healthy meal, stay hydrated.
- When studying, take practice tests or quizzes that mix up the ways you answer questions about the material.



### During the Test

- Carefully read all instructions and skim the test before starting.
- Be aware of the time allotted and pace yourself accordingly.
- Take mini-breaks during the test. Rest your eyes, stretch, use breathing techniques to stay calm and focused.
- Underline words in questions to help understand key parts.
- Consider your answer before looking at answer options. Choose an answer that best matches what you first thought.
- Read through all test answer options even if you think you immediately found the right answer.
- Don't linger too long on tough questions. Another question might trigger the answer.
- Make notes in the margins if you need to go back and review a harder question.
- Ask for clarification if needed. There is no harm in getting help.
- Outline your ideas first for essay questions.
- Take time to review what you have done before turning in your test. Review and edit essay questions, check for missing questions.

## TECHNOLOGY

Use relaxation apps like [Calm](#) or [Headspace](#) before or after tests to manage worry and stressors.

