Maintain a positive attitude
Learn relaxation techniques
Visualize success
Set goals
Use positive self-talk

- Ex. I’ll work on these math problems as far as I can and go see a tutor at Study Stop tomorrow evening.

What should you study?
- Notes from class
- Textbooks
- Handouts and review sheets
- Quizzes, tests and graded homework

See example below for how to schedule studying for an exam:

Exam II Review Study Plan
- Tuesday night:
  - Quiet terms
- Wednesday:
  - Review notes and write summary paragraphs for:
    - Late 15th Century Art in Florence
    - High Renaissance Art in Italy I. Milan and Florence
  - Quiet terms and concepts
- Thursday:
  - Review notes and write summary paragraphs for:
    - High Renaissance Art in Italy II. Rome
    - High Renaissance Art in Italy III. Venice
  - Memorize titles, artists, and images for:
    - Late 15th Century Art in Florence
    - High Renaissance Art in Italy I. Milan and Florence
  - Quiet terms and concepts
- Friday:
  - Review notes and write summary paragraphs for:
    - Manasaurism
    - 16th Century Northern European Art
  - Memorize titles, artists, and images for:
    - High Renaissance Art in Italy II. Rome
    - High Renaissance Art in Italy III. Venice
  - Review titles, artists, and images for:
    - Late 15th Century Art in Florence

Still having trouble? Set up an appointment for 1-on-1 coaching with our academic success coaches through MyPLAN!

First-Year Experience & Transition Programs
Love Library South 127
Phone: (402) 472-1880
success.unl.edu

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Why do we need test taking skills?
- These skills can help you be successful as a student
- Testing does not stop after college. You may need to take tests to keep your credentials up to date in your professional career.

Before the Test
- Do daily, weekly and major review sessions
- Schedule reviews
- Create study checklists
- Create mind map summary sheet
- Make flash cards
- Monitor your reviews
- Take a practice test
- Get copies of old exams

During the Test
- Get to class on time, don’t do any last minute review
- Survey the entire test prior to taking it
- Take a few deep breaths and relax tense muscles- repeat throughout the test
- Read directions carefully- ask questions
- Answer easier questions first - this will help calm you down
- Manage your time and keep an eye on the clock

After the Test
- Reflect:
  - How did you feel about the test?
  - How effective were your study strategies?
  - Did you accurately predict some of the test questions?
  - Review what questions you missed
  - Discuss items you did not understand with your instructor
  - Review your strengths on test taking
  - Review areas where you could improve

Strategies Based on Question Type:

Multiple Choice
- Answer each question in your head first
- Read all answers before selecting one
- Test each possible answer
- Eliminate incorrect answers

True/False
- Read the entire question
- Look for qualifiers
  - All, most, sometimes, rarely, always, never.
- Find the devil in the details
  - Dates, numbers, specific facts.
- Watch for negatives
  - Aspirin is not an illegal drug.
  - Cancel the negatives to turn it into a positive statement = Aspirin is an legal drug.

Essay Response
- What is the question asking?
- Outline
- Get to the point
- Write legibly
- Write on one side of the paper only
  - This leaves space on the back to go back and write points you may have forgotten

Using technology to enhance your studying and test preparation...

StudyBlue – Develop flash cards and quizzes. StudyBlue is cross-platform, syncs from web to phone, has a reminder system, and can be shared with classmates.

ExamTime allows you to create online Mind Maps, Flashcards, Online Notes and Quizzes. All of these online study tools are designed to help you improve learning and prepare for exams.