



## Test Taking Tips

### Test taking strategies include:

Read the question as written. Do not assume that there is a hidden meaning.

- After reading the stem, formulate in your own mind what the answer may be.
- Read all of the answer options. Eliminate the inappropriate answers, which either are not true or do not answer the question asked.
- Assess answers which are either similar or are opposite. Similarities may have slight differences. One of the opposite answers may be correct.
- If none of the choices agree with your answer reread the question's stem.
- Focus on the description of the person's needs. Safety precautions are important in nursing.
- Some questions require decisions; you may have to identify the first action, or the highest priority.
- Communication questions focus on the person and their needs. The answers should be honest, direct, and involve active listening.
- If noise distracts you, wear earplugs or ask for a corner seat away from the noise.
- If a question seems too difficult, do not panic. Use good strategies and select the best answer and continue. Do NOT go back, give it your best shot, and then put it to bed.
- Figure out the expectations of the course early. Focus on the instructor's teaching style, the classroom environment, class organization, class attitude, course content, clinical content, and grading practices.
- Remember that few students know all the right answers. Be patient and supportive of yourself.



### **Suggestions for decreasing anxiety on test day:**

Plan ahead. Study before the exam.  
Know the testing environment and the rules.  
Get rest the night before an exam.  
Eat breakfast.  
Wear comfortable clothes.  
Wear soft-soled shoes.  
Wear a watch.  
Dress in layers so that you can take off or put on clothing as needed.  
Don't come to class too early before a test because others may increase your anxiety.  
Review key points, but do not try to do last minute cramming.  
Have an extra pen or pencil or Scantron sheet.  
Use positive self-talk.

### **Strategies:**

- Positive self-talk: "I will..."
- Make small goals first: Set goals that you can accomplish today.
- Identify criteria for success: Identify behaviors to accomplish goals.
- Set time lines: Keep a calendar with definite daily assignments outlined.
- Schedule study intentions: Develop study groups.
- Anticipate small setbacks: Prioritize your time and allow some time for pleasure.
- Reward yourself: Success breeds success.
- Accept responsibility: Practice the skills and study.
- Master the basics of communication: Reading, writing, speaking and listening.
- Focus on new information: Have confidence in your old knowledge.
- Thrive on change: Flexibility will help!
- Support is crucial: Enlist the support of family, friends, and/or other students.
- Be inquisitive: Demonstrate interest.
- Categorize data: Organize data and discover its relationship.
- Stay healthy: Value your body and treat it nicely