

TIPS: DURING THE EXAM



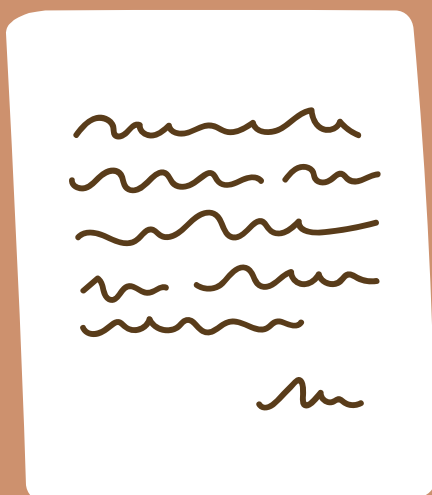
MULTIPLE CHOICE QUESTIONS

- Read the questions carefully and determine the answer before you look at the choices.
- Unsure? Use the process of elimination to narrow down the choices and make a logical guess
- Answer EVERY question- you have a 20-25% chance of getting it right by guessing.
- Try not to change your original answer- in most cases your intuition tends to be correct.



SHORT ANSWER QUESTIONS

- Read the question carefully! What are they specifically asking?
- Provide a specific, clear, to the point explanation.
- Use examples from your text book, class or the real world.



ESSAY QUESTIONS

- Determine the main themes and topics.
- Underline key words in the question and determine the purpose.
- Don't write your essay off the top of your head! Jot down all your ideas and organize them into an essay plan before you begin writing.
- Remember to structure your essay: introduction, body and conclusion.

PRO TIP: IF YOU GET OVERWHELMED

Pause to take 3-5 deep breaths.

Deep breathing can trigger your body's relaxation response and help reduce distressing emotions.

Study Skills: Tips to Improve Memory

Acronyms

Acronyms are making a word from the first letter of each word that is to be memorized. For example, HOMES for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior).

Acrostics

Acrostics are phrases or poems in which the first letter of each word or line functions as a cue to help you recall the words that you are trying to remember. For example, "Please Excuse My Dear Aunt Sally" is used to remember the order of operations in Math.

Maps or Charts

Use mind maps or charts to organize your information. This strategy helps you visually remember.

Imagery

Draw or imagine a picture of what's being studied, or find one in a book. Mentally refer to the image when you are taking the exam.

Rehearse

Verbally repeat or rehearse the information over and over again. Take a short break and then continue testing yourself until you know it!

Highlight

Use highlighters when reviewing your notes. If notes are color coded, underlined or highlighted, it may help you to remember based on visual stimulation.



References:
Oregon State University. (2023). Taming your anxiety [Brochure]. <https://success.oregonstate.edu/learning/test-anxiety>
Gompers Prep Academy. (2023). Study Skills [Brochure]. <http://www.gompersprep.org/academics/ap/>

