

What Type of Test Taker Are You?

Rusher

High risk for misreading, misinterpreting, and mistaking due to a focus of getting through the test

- Hurries through the testing process in a desperate rush to finish an exam before essential facts are forgotten
- Arrives early, anxiously mumbling bits of information that quickly become confused
- Tightened body due to heightened anxiety
- While most of the students are completing initial items, the rusher is one third through the test

Turtle

Scores may suffer from lack of time/inability to complete all exam items rather than lack of knowledge or poor preparation

- Moves through each test question slowly, methodically and deliberately
- Tends to be the last to finish
- Sometimes does not even get to finish the test
- Tends to score much better in the first section of the test compared to the last section

Second Guesser

Observes that "I had it right, but then I changed it!"

- Changes answers because they "seem" wrong
- Feels challenged by multiple choice answers
- Has difficulty ultimately choosing an answer

Squisher

Emphasis is on planning avoidance for the test versus preparing for the actual test

- Views the test as a hurdle to jump or as a barrier to cross
- Preoccupied with grades and accomplishments; fears personal failure
- Avoids responsibility/accountability
- Attempts to cram information into the mind just before a test – a time when the mind's ability to learn/process new knowledge is at the lowest

Practical & Self-Care Strategies

Before the Test

- Study at least one week in advance
- Familiarize yourself with the test format (multiple choice, essay, problem sets)
- Utilize resources (professors, TAs, tutoring, library) and study groups
- Choose a study environment which is most conducive to your learning style
- Quiz yourself
- Write down negative thoughts on a piece of paper, then tear it up and throw away prior to the exam
- Manage your daily routine
- Relax an hour before the exam
- Ensure that you receive a full night's sleep
- Eat full, healthy meals
- Exercise
- Complete stress-free activities

During the Test

- Read instructions carefully
- Budget your time
- Focus on the questions that are worth the most points first
- Focus on yourself, not on classmates
- Read questions thoroughly
- Write on your exam: circle specific parts of the questions, underline important details
- Make quick outline for essay-type questions
- Cross out multiple-choice answers that you know are incorrect
- Think positively
- Take a break
- Drink water
- Deep breathing
- Ask for clarification

After the Test

- Don't dwell on possible mistakes
- Reward yourself
- Don't compare yourself to others
- Remind yourself you did your best
- Do not immediately study for another exam – take a break to do a stress-free, enjoyable activity
- Review graded exam: try to complete questions that are incorrect and go to office hours for clarification