

Title:

How To Take A Test

Word Count:

520

Summary:

There are two important parts to how to take a test. The first is basic preparation. Then there

Keywords:

how to take a test, test taking skills, test taking

Article Body:

How to take a test? Study, for starters. Of course there is more you can do if you want to get

Test Taking Preparation

Preparation is an important and often overlooked element of how to take a test. Studies confirm

- Get good quality sleep. Sleep deficiencies seem to affect response time more than accuracy,
- Know what to expect. If you can get a sample test, or a previous version, so you know what
- Arrive on time. In general, test-anxiety is bad for test scores. Time pressure adds to test
- Stay away from nervous test-takers. Anxiety can be contagious, so don't sit near others who
- Breathe deep. Take several deep breaths and let the tension drain from your muscles.

Specific Test Taking Skills

Beyond studying and preparing, are there skills and techniques to how to take a test? Absolutely

- Continue taking a deep breath now and then throughout the test. This helps relax you and keep
- Focus on the question in front of you. Total involvement in one question, even for a moment
- Take notes at the beginning. If you are allowed to take notes, write down any information you
- Try to determine the test maker's intent. When an answer seems too easy, and you're sure it's
- Answer all questions. Unless there is a penalty for a wrong answer (as opposed to an unanswer

The best way to score higher on a test may be to study. Still, no matter how much you study, you

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