Adapted from Marecek/Anthony-Smith, Strategies for Success

Strategies for Success

Test Taking Skills Name: \_Rosendo Felix\_\_\_

**1) For each statement below, check Always, Sometimes, or Never**

**A S N**

**Before the test**

A \_\_ \_\_ I do not take a quiz/test until I have worked all assignments up to 90% or better and can-do exercises without using “Help me solve this”.

A \_\_ \_\_ I arrive at the testing center allowing myself plenty of time, so I feel calm and ready.

\_\_ \_\_ N If a problem in the rest of my life may interfere with my test performance, I write it down on a card and put it away until after the test.

A \_\_ \_\_ I ignore others in the room, so I won’t pick up their negativity or anxiety. I am prepared and confident.

\_\_ S \_\_ I check my inner voice. I turn any negative thoughts into positive statements, “I am prepared; I’ve done what I can; I am ready to succeed; I can do math! Yes! I can!”

A \_\_ \_\_ I use the restroom prior to entering the testing center.

|  |  |
| --- | --- |
|  | **Taking the test** |
| \_\_ S \_\_ | I do a “data dump” as soon as I get the test. Then I no longer need to think about remembering the facts/formulas. |
| \_\_ \_\_ N | I scan the test, reading all problems before I begin any work. |
| A \_\_ \_\_ | I read directions carefully. I make note of key words and directions. |
| A \_\_ \_\_ | I organize my work neatly on my scratch paper, so my brain function in a atmosphere of order. |
| A \_\_ \_\_ | I note easy problems and do them first to build my confidence and ensure those points. |
| \_\_ S \_\_ | If I can’t do a problem immediately, I write down anything I can think of such as formulas, pictures, etc., then I move on and return it later. The solution may come to me as I work on the other problems. |
| \_\_ \_\_ N | If I do not know how to do something, I try to relate it to something I do know. |
| A \_\_ \_\_ | I show all my work. I write all steps, reasoning, and supporting evidence. This is really helpful if my teacher awards partial credit. |
| A \_\_ \_\_ | I carefully read the blue text that tells me the correct answer format. |
| A \_\_ \_\_ | I check answers. I make sure word problems have reasonable answers. |
| \_\_ S \_\_ | I rework each problem on a new piece of scratch paper and compare my answers to catch errors. |
| \_\_ S \_\_ | I keep my scratch paper to review for retakes or future comprehensive tests. |

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**A S N**

**Reducing stress during the test**

|  |  |
| --- | --- |
| A \_\_ \_\_ | I check my inner voice. I turn any negative thoughts into positive statements. |
| A \_\_ \_\_ | I imagine and visualize that I am in my favorite pleasant relaxing situation. |
| \_\_ \_\_ N | I take mental breaks. |
| \_\_ \_\_ N | I do stress reducing breathing exercises. |
| \_\_ \_\_ N | I do deep breathing. |
| \_\_ S \_\_ | I do muscle tensing and relaxing. |
| \_\_ \_\_ N | When I start to feel anxious, I say “Yes, I can!” to myself |

**Look at your checklist.**

1. Can you think of any techniques that you use regularly which are not on the checklist? Add them to the checklist.
   1. Study the problems I have most trouble with before test and then skip to those questions when I first get into test.
   2. Eat before a test.
   3. Get good sleep the night before.
2. Look at the ‘Sometimes’ and ‘Never’ categories. List three techniques that you will try using during the next test.

a. Read all problems first

b. rework each problem on a new piece of paper.

c. Take mental breaks