

# Test-Taking

If you manage your time well and avoid procrastination, then you should be well-prepared when exam/midterm time approaches. Before this time comes, you should be reviewing your notes regularly, reading the assigned chapters, and asking your professor any questions as they arise. By doing these things, you will be more prepared on exam day. The more prepared you are, the better you will do on the exam. Keep the following things in mind:

## Tips for Overcoming Test Anxiety

- Take a deep breath and stretch your arms and fingers.
- Close your eyes for a second and try to think of something positive.
- Try to stay calm and increase your confidence.


### Before The Test:

- Be prepared! Make sure to study regularly before an exam. Do not cram right before.
- Find out what kind of test it will be: multiple choice, essay, combination, etc.
- Stay calm, focused, and confident.
- Make sure you are eating healthy and exercising regularly.
- If the professor offers a review session before the test, make sure to attend this. Your studying can be more focused after reviewing specific areas and discussing test questions. You will likely feel more prepared.
- Make sure to get a minimum of 6 hours of sleep. This will help improve brain function.
- Eat well before your exam so you can remain calm and focused during the test.
- Make sure to bring everything you need: glasses, pen or pencil, eraser, etc.

### During the Test:

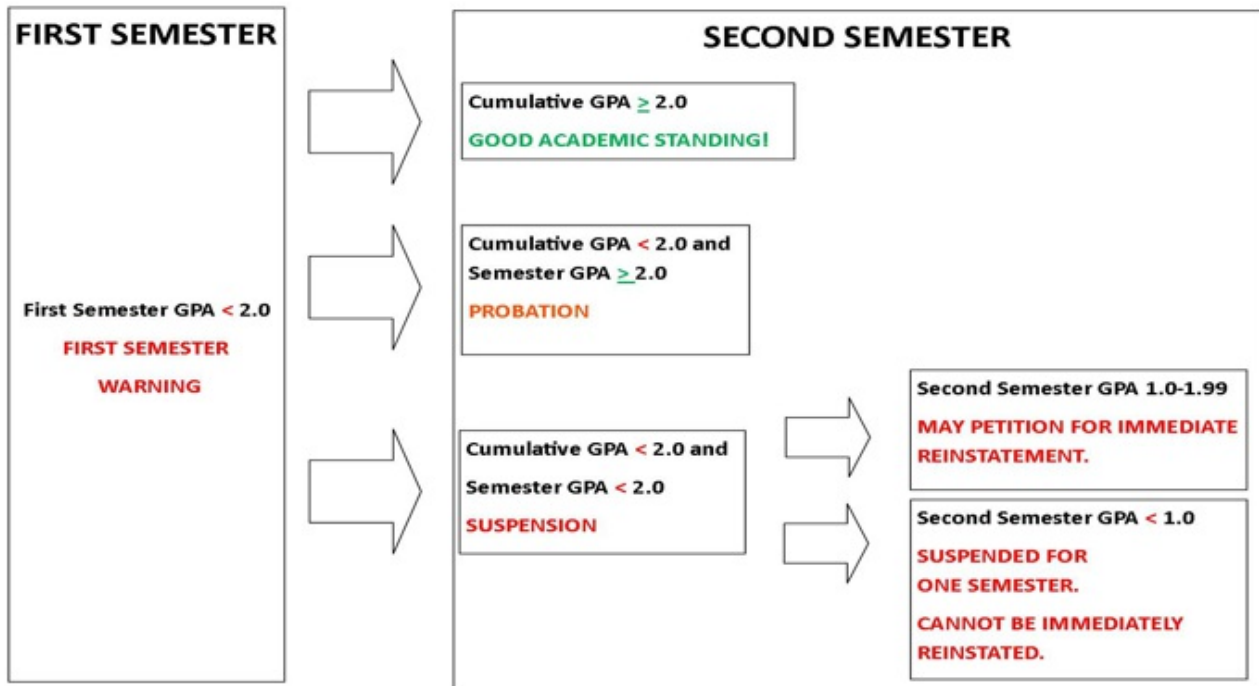
- Skim the test briefly to get an overview.
- Watch the clock and pace yourself. You don't want to rush through it or run out of time.
- Read all directions slowly and carefully.
- Skip questions that you are unsure of and go back to them later (NEVER leave a question blank, unless it will affect your grade. It's always better to make an educated guess than to not even try!).
- Answer easier questions first (this will help boost your confidence)!
- Try to stay relaxed. Dress comfortably.

## Academic Standing At Stony Brook

In order to be considered in good academic standing with the University, students must have a cumulative GPA (Grade Point Average) of a 2.0 or higher. Detailed information about academic standing is available on the Undergraduate Academic Affairs website: [http://www.stonybrook.edu/commcms/academic\\_standing](http://www.stonybrook.edu/commcms/academic_standing) 

Students who receive less than a 2.0 GPA in their first semester are placed on First Semester Warning. Below is a chart that illustrates the academic standing levels:

## FIRST SEMESTER WARNING



It is also important to note that your GPA and number of credits earned can impact Financial Aid Eligibility. This is called Satisfactory Academic Progress (SAP). For more information on SAP requirements visit the Office of Financial Aid and Scholarship Services website at: <http://www.stonybrook.edu/finaid/receiving/sap.shtml>

## Calculating Your GPA

In order to ensure that you are staying on track with your GPA, you can use the GPA calculator to calculate your current or future GPA: [http://www.stonybrook.edu/commcms/advising/gpa\\_calculator.shtml](http://www.stonybrook.edu/commcms/advising/gpa_calculator.shtml)

Grades are assigned point values as follows:

<b>A</b> 4.0	<b>B-</b> 2.67	<b>D+</b> 1.33
<b>A-</b> 3.67	<b>C+</b> 2.33	<b>D</b> 1.00
<b>B+</b> 3.33	<b>C</b> 2.00	<b>F</b> 0.00
<b>B</b> 3.00	<b>C-</b> 1.67	<b>Q</b> 0.00

**Deans' List:** After each fall and spring semester the dean of each college compiles a Dean's List of undergraduate students who constitute approximately the top 20 percent of their class. Each full-time student must have completed in that semester at least 12 credits for a letter grade (including S) and have no I's, U's, NR's, NC's, F's, R's or Q's. P grades are not considered to be letter grades. Part-time students must have earned at least six credits in a semester of letter-graded work (not including S or P grades). The grade point average cutoffs are as follows: seniors, 3.40; juniors, 3.30; sophomores, 3.20; and freshmen, 3.10.