



Study Techniques Learning Pathways

Test Taking and Test Anxiety*

Activities									Assessments		
Read/(Books)			Watch/(Videos) Listen/(Audiotapes)			Explore (Internet/Computer Software)			Reflect		
Do	What	How	Do	What	How	Do	What	How	Do	What	How
O	Power Learning Chapter 6	1. Read. 2. Take notes. 3. Explain how what you learned relates to your own test-taking skills.	O	<i>Preparing for the Test #111 (V)</i>	1. Watch 2. Take notes	O	http://www.studygs.net/tsttak1.htm http://www.d.umn.edu/kmc/student/loon/acad/statr/test_take.html http://appl003.lsu.edu/cas/learningjourney.nsf/LiveSlide/5FA3182D7B379AE2862570A8000910A7?OpenDocument	1. Read the online test taking sites. 2. Write a short summary of what you learned that you can apply to your own test taking experiences.	O	Anticipate what your next test in a given class will cover. Create a study plan for the test.	After the test takes place, evaluate your study plan. Write a one-page summary. What went well? What would you change in the future? Why?

O	Master Student Chapter 6	1. Read. 2. Take notes. 3. Explain how what you learned relates to your own test-taking skills.	O	<i>Study Skills: How to Take Essay Tests (V)</i>	1. Watch 2. Take notes		http://www.arc.sbc.edu/teststrategies.html http://www.arc.sbc.edu/testpreparation.html http://www.studygs.net/tsttak1.htm	1. Assess how you currently study for a test. Write down exactly what you do to prepare for a test, and what you do during the test and after the test. 2. Review the websites and create a step-by-step plan for preparing for a test, taking the test and what happens after the test. 3. Compare and contrast the things that you currently do to prepare for a test to the plan that you have created. 4. What discoveries did you make about how you should prepare for a test?			
O	How to Study in College Chapters 10 & 11	1. Read. 2. Take notes. 3. Explain how what you learned relates to your own test-taking skills.	O	<i>This is a Test: This is Only a Test (V)</i>	1. Watch 2. Take notes						

O	On Course Chapter 8	Read	O	<i>How to Conquer Test Taking Anxiety (V)</i>	1. Watch 2. Take notes		http://www.studygs.net/testingbiblio.htm http://www.usu.edu/arc/test_anxiety/ http://appl003.lsu.edu/cas/learningjourney.nsf/LiveSlide/93188B66C78246CF86257106005D4F81?OpenDocument	1. Use the websites listed to identify 10 strategies for eliminating test anxiety.			
O	Power Learning Chapter 6	Read	O	<i>Math: A Four Letter Word (V)</i>	1. Watch 2. Take notes						

*NOTE: Additional resources related to this subject can be found under Stress Management.