|  |
| --- |
| **Student Voices: Test Taking Advice (Group 1)** |
| [00:00:00.00] |
| [00:00:00.78] I went into class completely prepared. I studied. I took notes. I looked over my PowerPoints. |
| [00:00:07.32] And then when I finally took the test-- I looked at the test-- none of this was on the practice tests. Nice. So then I'm going through the test. I get to the end. I'm like, OK, I'm going to check over my test. |
| [00:00:19.41] I check over it. And I start changing my answers. That is a huge no. |
| [00:00:24.93] Never change your first answers. Because I changed my answers and half of them were wrong after I changed it. And they were right the first time. The best way is to just stick with the first answer. It's usually the right answer. |
| [00:00:35.85] I deal with test anxiety by knowing that I've prepared. So the more prepared I am, I can handle the stress. The anxiety is there, don't get me wrong, the knotting of the stomach, and oh my goodness, how am I going to do this type of thing, but by being prepared, by reviewing my notes literally right before I go in, not to cram or anything, but just to review my sub-topics of what we're going to cover, close my book. And I just relax and take the test. |
| [00:01:05.76] There are a lot of study groups on campus. There's formal study groups where you can sign up for them and go in. There's a classroom reserved. |
| [00:01:13.64] But the study group that I use is more of a people down the hall from me, classmates that I just bump into on the way to and from class, and just say, hey, you want to meet at this time and just read over the chapter? Sure, why not? Very informal and just relaxing. And it works better for me to bounce ideas off of somebody and having someone with me to talk over the subject for me to retain the knowledge. |