

Test Day Game Plan

Before Arriving at the Test

Give your brain a rest before you head to your test:

- Quick exercise to help with attention and overall cognition
- Yoga or meditation to calm yourself
- Listening to music, or anything else to help you relax.
- Eat enough to give you necessary fuel, but not too much to make you sluggish.
- Give yourself plenty of time to arrive with time to spare so you can get mentally and physically settled.

Before Starting to Answer Test Questions

- 1) **Survey the test:** How many questions? What type of questions? How are the points distributed?
- 2) **Make a plan of attack** so you can earn as many points as possible in the given time: Decide the order in which you'll approach each question and how you'll allocate time. Write your plan on the test or on a scrap of paper.

Idea: Complete test sections in order of their overall value so you will earn the most possible points if you run out of time to finish the test.

Example: 50 minute test consisting of:

- 15 Multiple Choice Questions – 30 overall points
- 5 Short Answer Questions – 10 overall points
- 1 Essay Question – 60 overall points

Given the **distribution of points, allocate your time** among the three sections in the following order:

- Essay: 30 minutes (60% of your time because it's worth 60% of the points)
- Multiple Choice: 15 Minutes (30% of your time, 30% of points)
- Short Answers: 5 minutes (10 % of your time, 10% of points)

Idea: Complete test in order of questions you know the best. Like above, this will earn you the most possible points in case you can't finish entire test.

- 3) **Any formulas or facts you've memorized?** Before starting the exam, write the ones you are least confident about on a scrap of paper; this will free you to work on harder cognitive tasks during the test.

While Taking the Test

- **Keep track of time** so you can follow your plan of attack. Wear a watch and use it.
- **Read questions actively.** Underline key words and eliminate any distractors. Restate the essence of the question in your own words.
- **Stuck on a question?** Peruse the exam for possible hints found in other questions. Or simply move on to the next question you can answer.
- **Feeling anxious?** Read our handout on **Tackling Test Anxiety** OR specific tips on **Multiple Choice**.



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