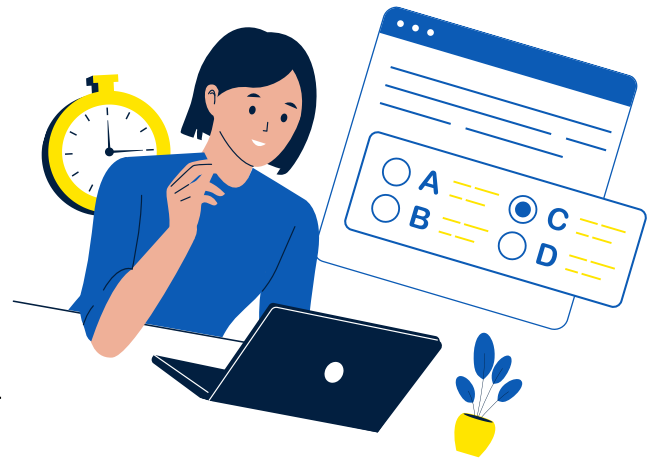


TEST TAKING

ANALYSIS



Name: _____

Date: _____

Please check "YES" or "NO" for each answer below:

YES

NO

I often stay up late or "pull an all-nighter" to cram for an exam.		
I don't skip around on the exam but instead work on one question at a time.		
If I don't know the answer I leave the question blank.		
In reviewing my exam, I often change answers before I hand it in.		
I use "guessing techniques" to make the best guess on my exams.		
I usually answer questions at the back of the chapter or formulate my own possible test questions.		
I study right up until the time I have to go and take the exam.		
I "go blank" on tests and can't remember what I studied.		
I'm so anxious to finish the exam I race through the test.		

- If you answered "YES" to questions 1 through 4 you need to improve your test taking skills.
- If you answered "YES" to questions 5 and 6 your test taking skills are good in those areas.
- If you answered "YES" to questions 7 through 9 you probably are experiencing test anxiety and will want to pay special attention to the section in this chapter on test anxiety.

Write down the negative thoughts you say to yourself when taking an exam or studying. Write the positive thoughts you will say in place of the negative thoughts.

Positive Thoughts	Negative Thoughts
<ul style="list-style-type: none">• Example 1: I'm so nervous I'm going to forget everything.• Example 2: I'm going to fail.	<ul style="list-style-type: none">• Example 1: I am calm and relaxed.• Example 2: I studied and I know the material, I am doing the best I can.

