

## Instructor Information

### Introduction to Test Taking – Discussion Topics

#### 1. How do you feel about taking tests?

Why do you feel this way?

What is "test anxiety"?

What are reasons for "test anxiety"?

Reasons for test anxiety fall into two categories:

past experiences

- with taking tests
- with poor test performance ...

concern that not prepared for test

- haven't completed 2 of 10 sections in textbook chapter
- don't understand problem or procedure ...

How can you prevent test anxiety?

**BREAK CYCLE WITH GOOD TEST RESULTS**

**GOOD PREPARATION WILL MEAN GOOD TEST RESULTS**

Do you think you have "test anxiety"? Want students to answer question because want to compare individual perceptions with results to follow.

Have students complete checklist individually. Results can be surprising. Students' answers frequently do not match their self-descriptions.

Emphasis on ideas of changing previous patterns by learning good test preparation and good test taking practices.

#### 2. What do you know about taking tests?

All these activities can be completed with a student partner. Discussion is helpful in extending thinking.

Will take "test on taking tests!", then do activities on preparation before the test, strategies on day of the test, and finally learning from test results.