



Under Test Condition Techniques

focusing on multiple choice tests on LITERACY

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Academic Skills

- 2 hours
- 65 questions
 - Reading comprehension
 - Technical skills in writing
 - Syntax
 - Grammar
 - Spelling
 - Word usage
 - Text organisation

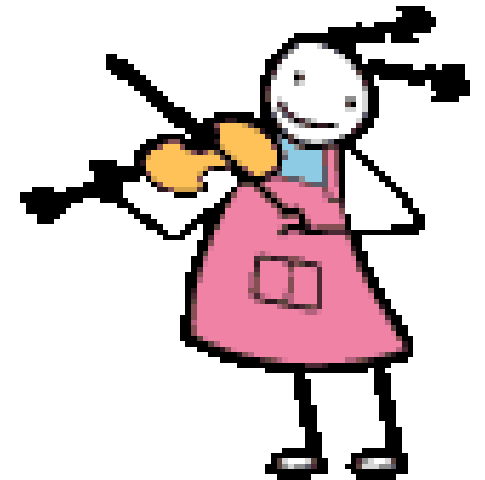
- Introduction
- Preparing for a literacy test
- Strategies for learning
- Multiple choice test
- During the test
- Managing and reducing uncertainty
- Conclusion

Some learning difficulties are related to **STRESS**

- There are techniques that help you focus
 - Emotional anchors help you get to your goals faster
Rappaport (1971) proved that emotion is linked with memory
 - Students Steps to Success
Sandy MacGregor (1994)
- **EUSTRESS** is Good Stress!

There is good news about **STRESS**

- There's a healthy stress called **EUSTRESS**
- It's the sensation that athletes experience before the big race and that musicians experience before the big performance.



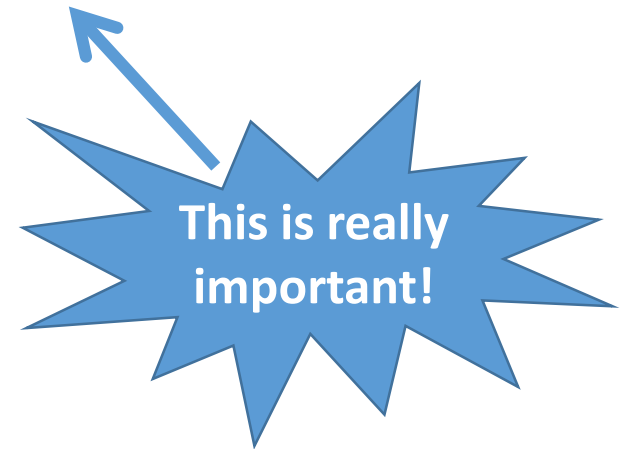
Get organised today!

- Take a blank timetable and block out one hour time slots for PRACTICE.
Practise what? Reading Comprehension and Technical Skills in Writing
- Don't forget to make the most of those spare 15 minutes (on the bus, waiting for lectures...) OR 2 minutes to still your mind.
- When do you study best? Are you up with the birds or more of a night owl?
Do you have a choice?
- Prioritise – which areas require more practice?
- Where will you study?



Adapted from 'The Learning Centre UNSW, *Studying for Exams Some Basic Guidelines*'
<http://www.lc.unsw.edu.au/onlib.exam.html>

- Before you begin studying, set yourself goals.
- ‘By the end of this 50 minutes I will have revised and practised 30 questions .’
- Why are goals so important?



Adapted from 'The Learning Centre UNSW, *Studying for Exams Some Basic Guidelines*' <http://www.lc.unsw.edu.au/onlib.exam.html>

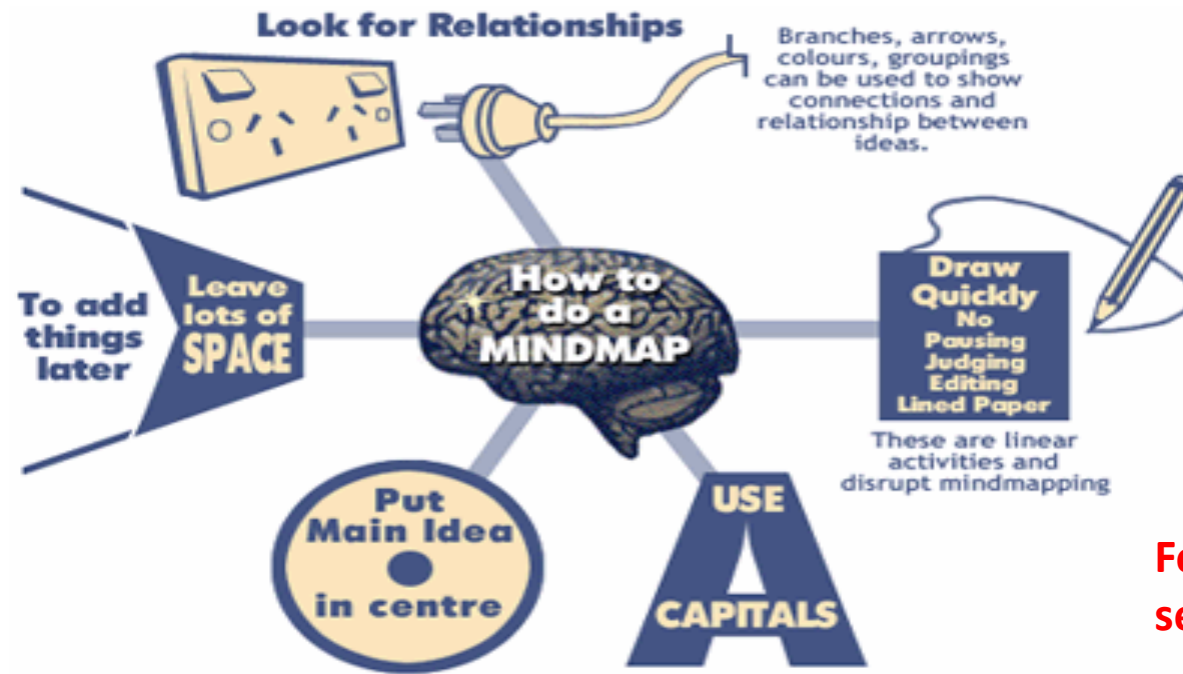
Study Groups

- Share practice questions
- Discuss ones that you didn't get right the first time
- Drill each other with technical skills of writing
- Celebrate together when it's all over!!!



Develop Strategies for learning

- Concept/Mind Maps



For more,
see [Tony Buzan](#)

Adapted from <http://www.fed.cuhk.edu.hk>

- Learning and Remembering work best when you are **actively involved**.

Strategies for learning

- **Engage** as many of the

5 Senses as you can:

see, hear, touch,

taste, smell AND

- **Articulate** the

Information in as many

ways as you can:

Read it

Write it

Say it

Sing it

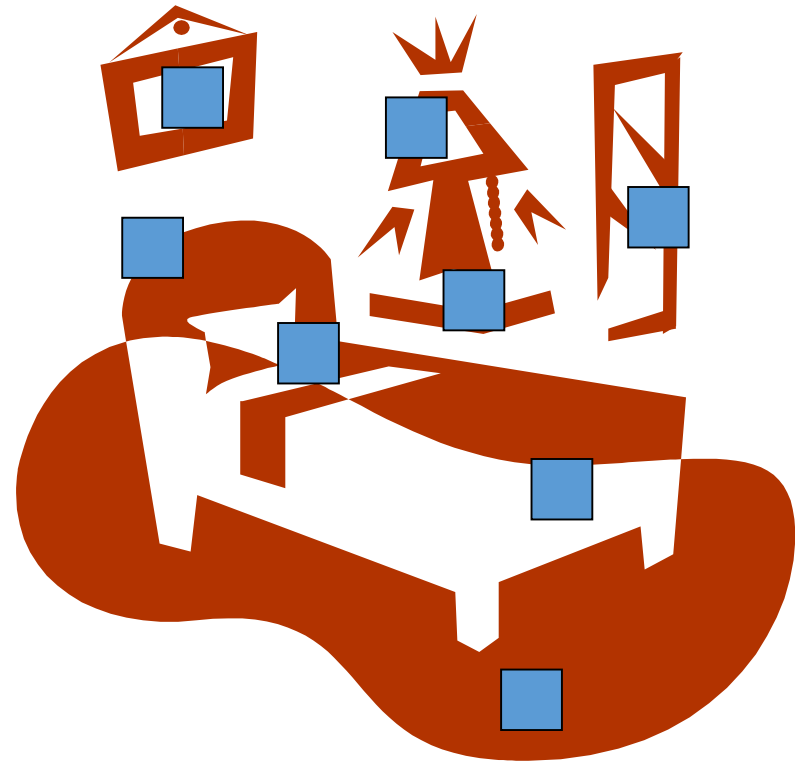
Visualise it

Draw it

Touch it

Repeat it, repeat it, repeat it

and make a pattern or scheme to help you UNDERSTAND it.



- Learning and Remembering also work best when **YOU** **organise** what YOU are learning.

NOT when it's an 'a' sound
as in **Neighbour** or **weigh**

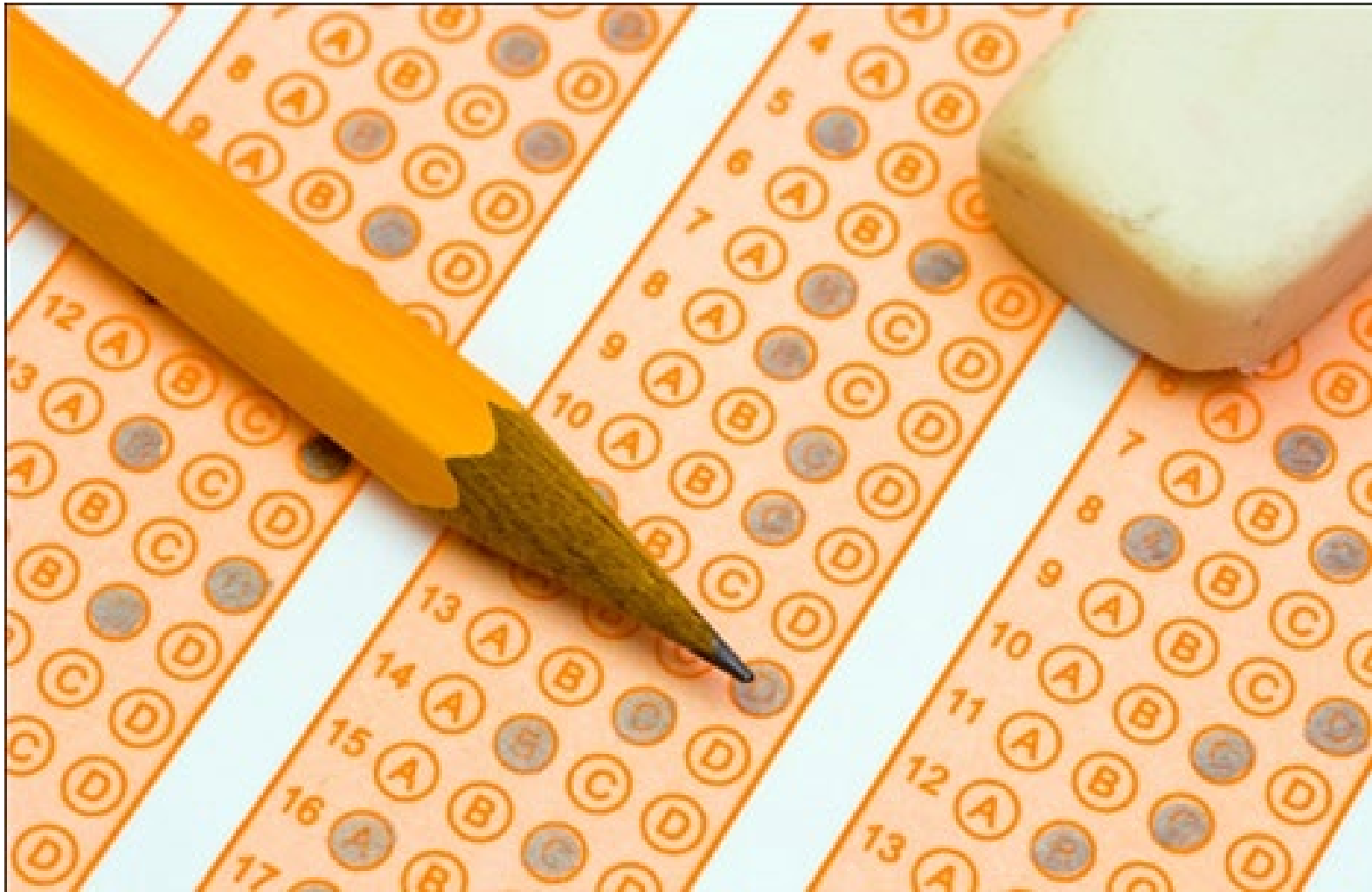
Watch out
for exceptions



Except after C

But not when it's a **SH** sound
eg: **ancient**, **proficient**

Dealing with Multiple Choice Tests



Multiple Choice Instructions

- How hard can it be? The answers are all right there on the paper!!!
- Read the instructions very carefully!
- Have a system – for spelling: ‘look, say, cover, write, check’ technique.

Multiple Choice Know the answer



This is really important!

- Try to answer the question in your mind before reading the answer choices!

Multiple Choice when you can't know the answer, have strategies in place



This is really important too!

- Read around the passage for comprehension – skim; read the question; scan; read the question; read for detail; answer the question.



Multiple Choice Order

- When you have the option, leave questions you're unsure of and come back to them.

For LANTITE, the question number you have left unanswered will not be shaded in the navigation bar at the top of the page: thus, easy to find and return to.

- Ensure you keep your answers in order with the corresponding questions.

Multiple Choice Cues

- Look out for cues in the questions that match the **CORRECT** answer
 - Note every part of the question
 - Check that every part of the answer is correct



Multiple Choice to change or not to

A tip on reviewing your answers:

Do NOT change your choice of answer UNLESS you are 100% sure that the alternative to your original choice is the correct answer.

During the Test Focus



- Settle in as quickly as possible, and avoid distractions.
- Check the instructions on the exam paper.
- Start with an overview of the paper.
- Capacity to focus is your greatest asset to do your best under test conditions – find strategies that work for you: look up MINDFULNESS

<http://www.theeyesofhorus.com.au/wp-content/uploads/2015/03/Time-to-Focus-600x300.jpg>



During the Test Sort out

- Identify those questions you can answer or prefer to attempt first.
- Defer those which you can't answer readily: answer these after you feel more confident by answering the questions you are more confident with.

Source: Charles Sturt University's 'Exam Preparation Notes'. <http://www.csu.edu.au/division/studserv/exam/> p. 4.

During the Test – Tackling the Questions

- Divide your question time. The value of the questions will determine how much time you allocate to each question.

In this case, equal value


- The best strategy is to start with your favourite or most prepared skill area. This will give you a sense of confidence, and promote your memory and confidence.

Reading Comprehension	Syntax
Grammar	Spelling
Word Usage	Text Organisation



During the Test – Tackling the Reading Comprehension

- Read the title
- Read first and last sentences of the passage
- Read a middle sentence or 2
- Read the questions
- Read the passage from beginning to end (even with running the cursor under each line to help you focus)
- Read each question individually and look for the answer within the passage
- See whether you know the answer before looking at answer options
- Select the best answer option.



During the Test – Technical Skills of Writing

- Skim over the answer options for your brain to recognise what the spelling, syntax, grammar, word usage or text organisation question is
- Let your brain work out the correct writing technical skill before confusing it with incorrect options
- Now look closely at the answers and there's a greater chance of the correct answer leaping out at you (than just reading them equally without having worked it out first)
- Select the best answer option.

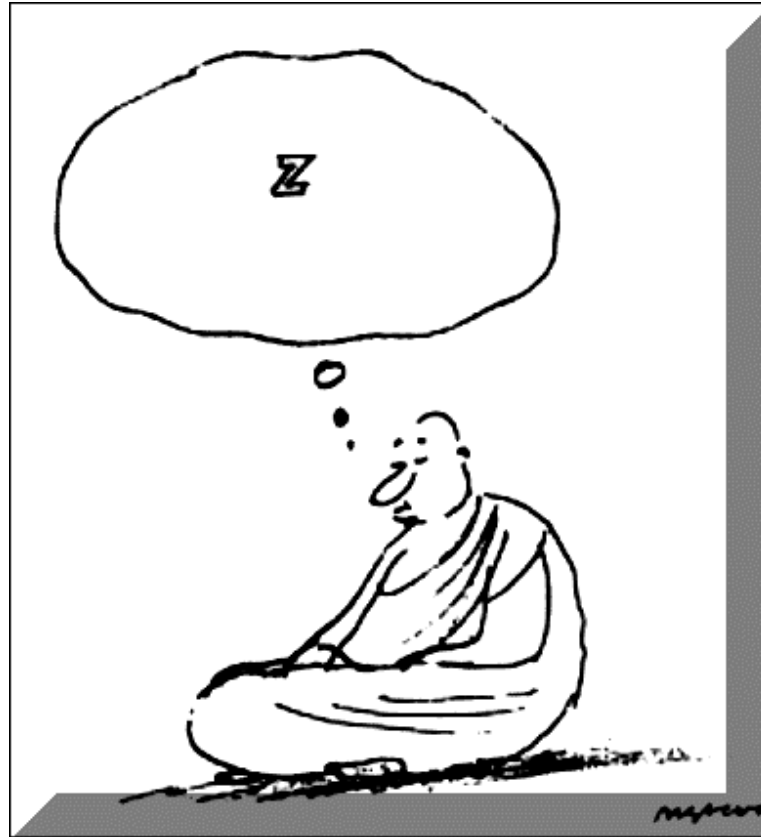
Reflection just before

- **When?** About one hour before exam begins.
- **Where?** Somewhere comfortable, near the venue, and where good coffee is served!

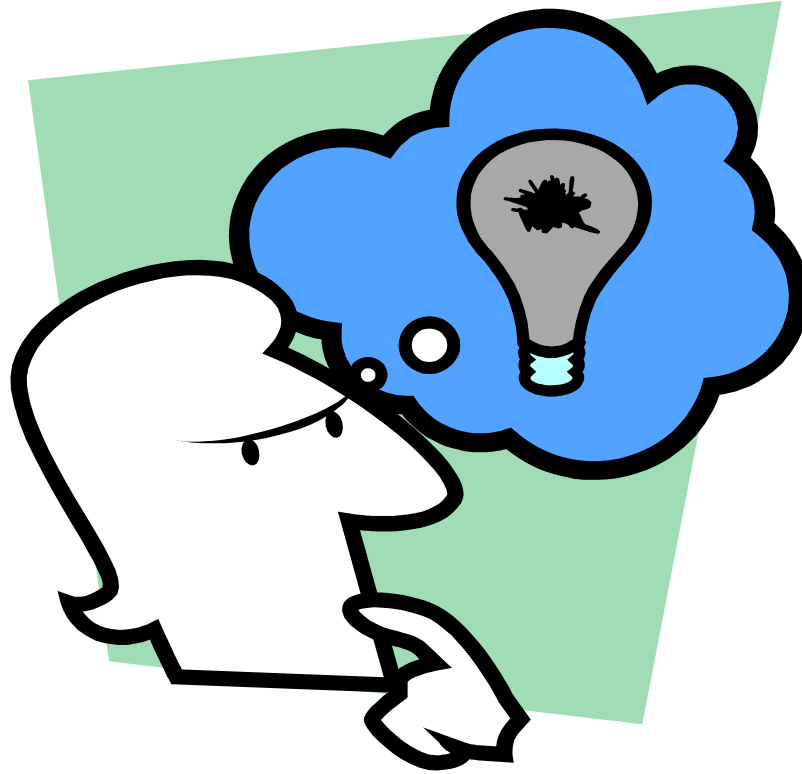
STAY AWAY from THE MADDING CROWD

- **What?** Write down whatever comes into your head about any technical skills of writing.
- **Why?** Clears your head of any negative thoughts so you're ready to focus on the exam.
- **It works!**

7 Tips on Managing Stress



1. Relax/meditate



2. Change attitudes and beliefs

~~NEVER~~

be afraid of
doing something
different.

3. Switch off and do something different



4. Deal positively with interpersonal issues



5. Exercise



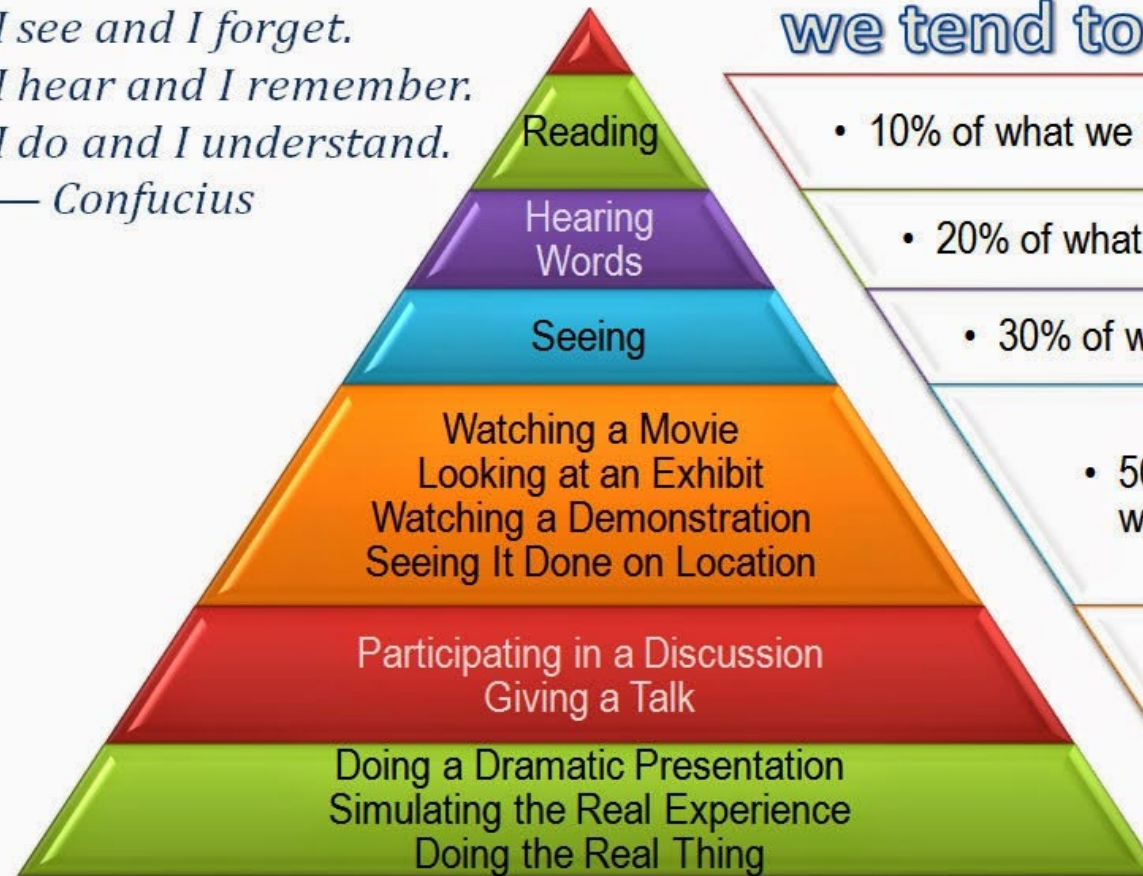
6. Change your environment



7. Change habits that aren't working for you

The Cone of Learning

*I see and I forget.
I hear and I remember.
I do and I understand.*
— Confucius



After 2 weeks,
we tend to remember ...

- 10% of what we READ

- 20% of what we HEAR

- 30% of what we SEE

- 50% of what
we SEE & HEAR

- 70% of what
we SAY

- 90% of what
we SAY & DO

P
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A
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Source: Edgar Dale (1969)

Reduce the Uncertainty Factor

What do you know about the exam?

- What kind of questions will there be?
- What is the required pass?

LANTITE = top 30% in literacy and numeracy of the general population

- What is the emphasis on various topics?
- What needs to be studied?
- What do you already know?

Previous students' reflections

The reasons I got the wrong answer

- I was tired before I started
- I rushed through especially towards the end
- I found myself overthinking
- My approach was sloppy
- I left early

ADVICE

Leave the ones you're unsure of and note to come back to them

Leave them unanswered rather than guess and come back to them

Practise, practise and practise.



[2 minute “Top tips for preparing for exams” video](http://studyskills.curtin.edu.au/study-resources/top-tips/preparing-for-exams/)

<http://studyskills.curtin.edu.au/study-resources/top-tips/preparing-for-exams/>

[Online Resources: STUDY RESOURCES – Exam preparation](http://studyskills.curtin.edu.au/study-resources/workshop-handouts/exam-preparation/)

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[Online Resources: BETTER TESTS – Multiple Choice](http://studyskills.curtin.edu.au/better-tests/multiple-choice/)

<http://studyskills.curtin.edu.au/better-tests/multiple-choice/>

Find a Peaceful Place and Breathe



Any Questions?



Ask your tutor
or email a learning advisor: tlc@curtin.edu.au

Image Source: <http://www.newsabruzzo.it/wp-content/uploads/2015/01/Question-Time.jpg>