CHAPTER 6

Tests

Multiple Choice

1. According to your textbook, the truth about test scores is that they are a measure of
   a. your ability to be well-accomplished in a course.
   b. how well you do on a particular test.
   c. what you have learned in a course.
   d. your intelligence.

2. Techniques to use before you take a test include all of the following except
   a. conducting daily, weekly, and major reviews.
   b. relying only on previous exams for review.
   c. creating review tools like flash cards.
   d. taking a practice test, whether from a reserve file in the library or online resource.

3. A study checklist works in helping you review material by
   a. using complete descriptions and formulas.
   b. reviewing all math problems in detail.
   c. acting as a review sheet.
   d. creating a to-do list for each item to study.

4. Predicting test questions can do more than get you a better grade. It can also
   a. keep you focused on the purpose of a course.
   b. eliminate the need to study.
   c. remind you to celebrate mistakes.
   d. manage job stress and save lots of time.

5. When taking a test the best way to begin is to
   a. read the directions quickly.
   b. ignore any verbal directions.
   c. ask yourself: “Did I study enough for this test?”
   d. scan the whole test immediately.

6. An important test-taking technique is to
   a. pay attention to verbal directions given as a test is distributed.
   b. answer the most difficult questions first.
   c. stay with a question until you can answer it.
   d. ignore any tension you are feeling.

7. When answering an essay question it is important to
   a. use filler sentences to make your answers longer.
   b. write on both sides of the paper so the instructor will have less paper to carry.
   c. include part of the question in your answer.
   d. leave the best points for last.

8. Working in teams is important on the job. Strategies can include:
   a. scheduling carefully.
   b. leaving the stopping time open-ended.
c. ending each meeting with a to-do list.
d. both a and c.

9. Which of the following might be on a check list prepared well before an exam?
   a. Exam dates
   b. Reading assignments
   c. Ideas and definitions
   d. Various exam to-do related items
   e. All of these

10. The best approach to open-book tests is to
    a. rely only on the textbook.
    b. focus only on the notes taken in class, especially formulas.
    c. relax and get more sleep since all the material will be at hand.
    d. prepare thoroughly by flagging any key information and highlighting relevant section in your readings and your notes.

11. Techniques for overcoming math anxiety include all of the following except
    a. connecting the importance of math to your life.
    b. ignoring your mental pictures about math.
    c. changing your self-talk about math.
    d. practicing stress management techniques.

12. Predicting test questions includes all of the following except
    a. putting yourself in the instructor’s shoes.
    b. applying your predictions to self created questions.
    c. looking for possible test questions in your notes and readings.
    d. ignoring the obvious clues presented during class.

13. The suggestions given for cramming for an examination are to
    a. help you learn the material quicker.
    b. save you time when studying.
    c. make the best of a bad situation.
    d. improve your ability to remember more information.

14. Cheating lowers your self-concept because
    a. it sends you the message that you are not smart enough to make it on your own.
    b. you fear being caught and this fear increases your stress level.
    c. cheating on tests can make it easier to violate your integrity again.
    d. final exam week should be fun and free of worry.

15. In the Power Process: “Detach,” the idea of giving up an addiction means
    a. giving up your identity.
    b. giving up your current goals.
    c. keeping current circumstances in perspective.
    d. denying your long term goals, at least for a while.

True/False

16. A study check list is the same thing as a review sheet.
17. Over learning material for short answer or completion test is a waste of time and energy.

18. Because the effectiveness of a review begins to drop after an hour or so, a good strategy is to plan on giving yourself short rests.

19. When you find your memory techniques fail you, this can predict your future inability to succeed. You should abort your efforts in these cases.

20. Do not waste time on pre-writing in an essay question, as it only slows you down.

21. The key to cramming is repetition.

22. To multiply the benefits of working in study groups, consider adding people of diverse backgrounds.

23. Giving a study group member a different responsibility in preparing question types for each meeting will give members a chance to explore new learning styles.

24. When an essay question asks you to enumerate, you should list the main parts in a meaningful order.

25. A good test taking strategy is to keep exams in perspective and not give them power they do not have.

26. In a True/False question, two negatives will cancel each other out.

Completion

27. Research on cooperative learning indicates that _____ people is an ideal group size.

28. In a true/false test, words like all, sometimes, and none are known as __________.

29. Having different reasons for a study group (e.g. research, note taking, or exam preparation) indicates you have established a __________ for the group.

30. What may make preparing for a mathematics test differ from studying for a history examination is that for mathematics you will have to __________ doing problems rather than simply reading the text.

31. Reviews of class material can be of three types: daily, weekly, and __________.

32. A term used in an essay question to indicate that you are to show the connection between two ideas or events is __________.

Short Answer

33. Describe three ways to let go of test anxiety.