

Factors Affecting Testing

Panic

Panic is irrational, self-made, and self-defeating. It can block your memory, concentration, and ability to speak or write. People usually into a condition of panic by concentrating on irrational or negative thoughts. Panic can be controlled by concentrating on rational thoughts and on those areas of the subject you know well and are ready to express on an examination. To help prevent panic, study regularly and review often.

Carelessness

Carelessness is a major cause of poor test performance. When careless, you read the question wrong, miss key words, read only the first few words in a question, assume what is wanted and start writing. Two of the most effective methods to combat carelessness are to re-read the question before answering and to proofread your paper when you are finished.

Failure To Focus on Question

Some exams call for facts more than thoughts; however, giving just facts requires careful thought. Thinking is hard work at any time and especially hard during the pressure of examinations. Examination logic requires concentrate upon the questions and answers, and search for memory cues to information that you have studied. You will also encounter tests that demand analysis, judgment, and interpretation; these require you to use factual information in a thinking process.

Cramming

Cramming is useless as a means of passing exams because information learned in a period of less than twenty-four hours without practice is difficult for most of us to recall. Educational psychologists inform us that the most effective technique for long-term recall of information is to follow the principle of distributed practice, which requires the student to use a series of study periods broken by rest intervals.

Faulty Diet

When blood sugar available to the cells decreases to a certain level, the thinking process is affected in an adverse manner. This condition produces irritableness and depression in many people. Accordingly, a faulty diet which does not maintain a proper level of blood sugar for you can adversely affect your test performance. Eating sugar alone will not give you a proper level of sugar in the blood.

Lack of Proper Exercise

Exercise has beneficial effects for studying and taking exams because it improves the circulation of the blood. Research indicates that health, endurance, and nutrition all depend upon circulatory fitness. The only method to achieve such fitness is through regular exercise. Exercise is a means of keeping your body chemistry in good condition.

Lack of Motivation Toward Success on Tests

Many students are not motivated toward performing well on tests because they do not relate a good test performance to their goals and values. One method for establishing motivation toward your tests is to determine how they fit into your long-term goals.

Lack of Sleep

When students deprive themselves of sleep to study, their thinking and memory are somewhat disorganized and impaired. They do not perform adequately either mentally or physically on exams. Insufficient sleep for an individual can produce visual attention fatigue and impairment in acquisition of new information. A regular day-night rhythm is necessary for health.

A poor attitude toward taking the exam

Many students view tests as a kind of machine like exercise in which they are to regurgitate material in the same manner the instructor recited it to them. The student should view the exam as does a player who is ready and willing to display his talent. You have practiced, you have a game plan, and you are now ready to match your wits with those of the test-maker. The test is an opportunity to perform, a chance to display your talents, knowledge, and self-confidence.

You can do it!