



How To Reduce Test Anxiety

Overview

Do you think you're ready for your first college exam, test, or quiz? This interactive session will provide you with proven test-taking strategies. The workshop is divided into two parts. Part one will address test anxiety - what it is, how it affects you and what you can do to overcome it. The presenter will discuss practical strategies for examining the source of your difficulty and dealing with it in an effective manner.

The second part will explain how you can prepare to take multiple choice tests. Many students believe that multiple choice tests will be easier than other types of tests but this is not the case. You will learn how multiple choice tests are typically created and how to apply specific test-taking strategies based on the style of the question.

Objectives:

Students will learn:

- The nature of test anxiety
- How it affects the body and cognition
- How to use some simple strategies to settle down the body and keep the brain online
- Students will also learn to:
 - Identify different types of multiple choice questions
 - Apply test taking strategies based upon question styles
 - Improve performance on multiple choice exams

Please Note: StudentLingo individual products and packages for students, such as Title IX, Campus Culture & Inclusivity Package are not part of the Go2Knowledge membership.

Presenters



Bitsy Cohn

Colorado Community College System

Bitsy Cohn is currently the CHAMP grant Director of Credit for Prior Learning at the Colorado Community College System. She holds a BA in English with a minor in Linguistics and an MS in Organizational Leadership with a specialization in Online Teaching and Learning. Over the course of a 26 year career she has gained expertise in community college student affairs, developmental education, customer service in higher education, student development, conflict management, post-secondary disability services, faculty training and development, at-risk retention strategies, organizational behavior, prior learning assessment and competency based education.



Laurie L. Hazard

Bryant University

Laurie L. Hazard is the Assistant Dean for Student Success at Bryant University in Smithfield, RI. As a member of the Applied Psychology Department, she writes about parent involvement, student personality types and classroom success. She is an award-winning expert on how students can make successful transitions from high school to college. After earning her Master's of Education degree from Boston University in counseling, she received a Doctoral degree from Boston University in Curriculum and Teaching. Laurie is co-author of the book *Foundations for Learning*, 3rd Edition (2012, Prentice Hall), which is designed to help students make a successful transition to college by encouraging them to take responsibility for and claim their own education. Hazard's textbook has been adopted by colleges and universities around the country, including Boston University, University of Nevada, and Texas A&M. Richard J. Light, the Walter H. Gale Professor of Education at Harvard University, calls Hazard's book "a winner for any college student" that is a "beautifully written joy to read."