

Mastering Multiple Choice

While there is **NO** substitute for reading the text book, attending class lectures and studying for an exam, there are some strategies that have been proven to increase students' performance on multiple choice exams. There are usually four answer choices in a multiple choice test question. That gives you a 25% chance of getting the right answer. If you can eliminate one or two choices as wrong, that increases your odds. However, if there are full penalty for wrong choices, and you cannot eliminate any of the choices, you should leave that question blank, go on to another one and come back to it later.

Section 1: Strategies for taking Multiple Choice Exams

What are some strategies for mastering multiple choice questions on tests?

- a) Read the question twice.
- b) Answer the question first without looking at the answers.
- c) Look at the answers and see if your answer is one of the four choices.
- d) If it is among the answers, mark it and move on to the next question; if not, put a star or a check next to it and go on to another question.
- e) All of the above

Answer: E, all of the above.

What are some more strategies for mastering multiple choice questions on tests?

- a) Answer all the questions you know the answer to first.
- b) When you have answered what you know, go back to the questions you noted.
- c) Eliminate the answers that you know are wrong, then go back and look at the text of the remaining answers and choose the correct one. If you can't find the answer, and there is no penalty for it, GUESS!
- d) Remember go with you first idea - it is usually right!
- e) All of the above.

Answer: E, all of the above.

What is the majority of mistakes test taker maker on multiple choice questions?

- a) Not reading the question carefully and not being sure what is asked.
- b) Not answering the question in your head first before looking at the answers.
- c) Not reading through all the answers, not looking for clues in the text.

- d) Taking too much time on one question; changing the first answer.
- e) All of the above.

Answer: E, all of the above.

Section Two: Managing Test Anxiety

A certain amount of anxiety before a test is ok - in fact it can be beneficial, giving you that jolt of adrenaline to help you perform better on the exam. But like anything else, too much of a good thing is too much! Too much anxiety can create physical and mental problems which will hurt your chances of doing well on the exam. Studying for an exam cannot be substituted with anything. In addition, eating right, sleeping right, getting some exercise, scheduling study time and taking breaks after 20-30 minutes of study will go a long way to reduce stress and increase your performance on exams. And if you find your anxiety increasing, talk with someone, sometimes the right person can help us clarify out thoughts and clear up some misconceptions about exams!

Choose the item that does not belong in the list of don't on studying.

- a) Don't cram for the exam.
- b) Don't think of the test or yourself in a negative way.
- c) Don't stay up late the night before.
- d) Don't spend time with classmates that generate stress for you the day of the exam.
- e) Don't eat a good breakfast the day of the test.

Answer: E: Eat a good relaxing breakfast the day of the exam. It will boost your energy and calm you done before the exam.

Choose the item that does not belong in this list of things to do before and exam.

- a) Remind yourself this is only a test.
- b) Focus on integrating details into main ideas.
- c) Reward yourself with a movie or a treat after the exam.
- d) Do something relaxing the hour before the test.
- e) Avoid studying for the exam as long as you can.

Answer: E: Don't put off studying, study for a little bit each day beginning the week before the exam.