

# Test Taking Success

## 8 ESSENTIAL SKILLS EVERY STUDENT NEEDS

1

### ASSERTIVENESS & ADVOCACY

To know how to ask for help, what they need to know for the test, and how to study most effectively.

To promote learning, focus, clarity in thinking, recall, self-efficacy, and motivation.

### EMOTION REGULATION & MINDFULNESS

2

3

### PERSISTENCE

To put in the consistent effort needed to optimize motivation, engagement, learning, and success.

To maximize study efficiency while reducing unnecessary stress.

### PLANNING, PRIORITIZING, & TIME MANAGEMENT

4

5

### INTERLEAVING

To use study time effectively and boost learning while reserving brain energy.

To build positive momentum and promote critical thinking and overall success in the test.

### TEST TAKING STRATEGIES

6

7

### REATTRIBUTION

To review mistakes in helpful ways and using them as learning opportunities and future study guides.

To promote successful study habits and test-taking strategies for any test.

### FRAMEWORKS

8