

Tests Need Not Make You THAT Jittery

By LESLIE J. NASON, Ed. D., with HARRY KARNIS

Do tests and exams make you nervous?

If not, you are an exception. Recently, one of our friends, a college graduate, told us about a dream he has recurrently. He is sitting in a classroom whose blackboards fill the wall space from floor to ceiling. The blackboards are covered with exam questions.

Suddenly the teacher appears at the front of the classroom and announces:

"You have two more minutes in which to finish."

Our friend looks down at his paper and discovers that, except for his name in the upper right hand corner, it is blank. He hasn't answered a single question!

The best way to overcome the jitters at exam time is to go into the classroom with a plan of action. Pears creep into idle minds. But if you fill your mind with positive plans for taking the test, there will be no room left for anxiety.

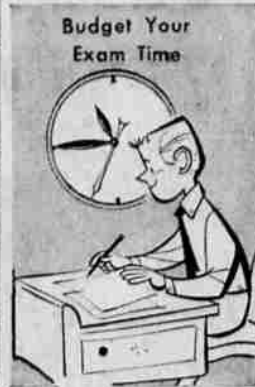
"I really get buck fever when I go in to take an exam," Jack told us. "That first 10 minutes

is just wasted. It takes me so long to get calmed down, I can't finish exams of ordinary length in the given time."

Here is what we told him: Enter the classroom with a definite plan of action.

As soon as you get a look at the list of questions, make out a tentative time budget. This is action, and action is an enemy of fear. After making out the time budget, start using it. Read the first question. Answer it. Dismiss it from mind. Read the second, answer it, and go on to the third. Forget the problems you have worked—concentrate on the one you are working. This is a guaranteed way of preventing mental tensions that tie you up and make you forget things you know as well as your own name.

Students tell us that often in the midst of an exam, without warning, something happens to cause a partial or complete blackout of knowledge. As a result, the last part of the exam is left out entirely or is very poorly done. We know of no remedy except to stop working, take a deep breath, relax your muscles for a moment, and then make an entire, fresh start.



Tackling the Essay Type

Fill your mind with a new plan. Remind yourself:

"I am going to read the next problem carefully. I am going to give it full attention. I am not going to stand for any interference by silly thoughts."

Let yourself know who is boss. The details of the plan you use depend on the type of exam.

Let's say you enter the classroom and discover that you are required to take an essay-type exam.

1. Check the number of questions. Decide about how much time you should allow for each.

2. Now go back to the first question. Forget everything else. Give that first question your undivided attention. What does it ask you to do? Compare? Define? Explain? Discuss? Outline? List? Each of these words means something different. Make sure you understand the differences.

3. When you are sure you know what is wanted, write down the answer as clearly and completely as you can. It may help you to use a piece of scratch paper to organize your ideas before making your final draft.

4. Leave the first question as soon as you decently can. Leave a space between this answer and the next answer in case you should want to add something later on.

5. Forget the first question and concentrate on the second. Follow the same procedure as before. In the same way, complete all the answers. You are now ready. If time allows, to go back over your paper and correct it. Look for incomplete sentences, incorrect punctuation, misspelled words, grammatical errors.

If you have some time left, go through the exam for the third time. This time ask yourself: "Is there any more precise information I can add?" Think of your textbook, your notebook, and of the lectures. If something comes to mind, use the space you left for additional sentences.

The Objective Type

But let's suppose the test is not an essay-type test but an objective test—one requiring you to recognize a correct answer when you see one.

The typical objective test has quite a big number of questions

arranged in no logical order. The important thing to do is pay attention to each question in its turn. Answer question No. 1 and forget it. Go on. Any carry-over of anxiety will harm your chances of answering No. 2 correctly.

No one question in this type of exam should be thought of as critically important. Don't think of any given question as the hinge of fate.

Joe brought us an answer sheet for a test in graduate education. We spotted a sequence of wrong answers in which he had missed 11 out of 12. We sensed that the first question of this series must have troubled Joe mightily.

"What happened on No. 62?" we asked him.

He looked up No. 62 on a question sheet and grew red in the face.

"I wouldn't answer that question the way the professor demands even though I failed the course."

This emotion had cost him 10 grade points.

You have to approach exams with an objective point of view. An exam in a subject containing controversial ideas isn't necessarily a test of your opinion. It is not an argument between you and the professor. It is a test of how well you understand what the professor and the text have been saying.

(Tomorrow: More about how to make good grades on exams.)

MAIL THIS COUPON TODAY TO THIS NEWSPAPER

Please send me the complete booklet on

"You CAN Get Better Grades"

(Enclosed is \$1 in check, money order or cash.)

Name _____

Street _____

City _____ Zone _____ State _____



"You're the best friend I have in the world—Right?"

© 1961 by NEA, Inc. TM, Reg. U.S. Pat. Off. www.near.com

CONTACT ME!

... to find out how much you may save on car insurance



LYNN COLBY
Main & Esplanade
Phone TU 2-3673



Home Office: Bloomington, Illinois

NOW ... Shop During Hapco's BONUS DAYS!

G-E's newest "celebrity" portable T-V



"HAPPY'S" BONUS PRICE
179⁹⁵



BIG BONUS BUY! 40" G-E RANGE

Was 249.95
Now 209.95
LHS/ATI 35.00
174.95

LESS Cal-Ore. League Bonus Trade-In Allowance 20⁰⁰

YOU PAY ONLY 154⁹⁵

G-E AUTOMATIC ELECTRIC 52 GALLON QUICK RECOVERY

WATER HEATER

Safe, Clean! Easy to install! Economical and dependable! Big 52 gallon capacity. Priced lower than ever... yet packed with deluxe features. Yours with a 10 year warranty.

Regular Low Price 94.95
Reduced To 74.95
LESS Cal-Ore. League Bonus Trade-In Allowance 15⁰⁰

YOU PAY ONLY \$59⁹⁵

- 17 USED GE PORTABLE TELEVISIONS**
* Some with New Picture Tubes
PRICED \$ FROM **75**
- USED COMBO RADIO-TV**
* New 21" Picture Tube
ONLY **85⁰⁰**
- USED SILVERTONE 17" TABLE TV**
* Guaranteed
55⁰⁰
- USED G-E AUTOMATIC WASHER**
* Good Condition
ONLY **50⁰⁰**



Here's The Best Buy In Town! GENERAL ELECTRIC AUTO. WASHER

Regular Price 229.95
Special Bonus Price 199.95
LHS/ATI 35.00

BUY ON OUR PROTECTED BUYING PLAN ... IT'S SAFEST!

YOU PAY ONLY 164⁹⁵

- USED KENMORE Auto. Washer * Reconditioned ONLY **50⁰⁰**
- USED MAYTAG Auto. Washer ONLY **65⁰⁰**

USED APARTMENT-SIZE ELEC. RANGE SPECIAL! **39.95**

HAPCO.

Home Appliances Co. Stores growing with Oregon

1001 Main St. Store Hours 8:30 A.M. - 5:30 P.M. Ph. TU 4-8183

18 JET-SMOOTH CHEVROLETS PRICED LOWER than competitive models!!!

Every one of the 18 Chevrolets you see here is priced lower than comparable competitive models. Proof of how easy it is to fit a Chevy into your budget. And every model gives you Chevy's Jet-smooth ride and dozens of other engineering and styling advantages you can't find in anything else selling at anywhere near the money.

*Based on a comparison of manufacturers' suggested retail prices (including Federal tax) for models with 118-inch wheelbase or above.



See the new Chevrolet cars, Chevy Converts and the new Corvete at your local authorized Chevrolet dealer's

DUGAN-MEST CHEVROLET COMPANY
410 So. 6th St. KLAMATH FALLS PHONE TU 4-3101