

From the Desk of the Counselor

February 2023

YOU'VE STUDIED HARD. WHAT'S NEXT? LET'S TALK ABOUT TESTING.

Nothing takes the place of studying, but even if you have studied, there are test taking strategies you can employ that will make you more successful. These strategies can help you 'pass' the test.

- On multiple choice questions read the question being asked and all of the possible answers before selecting one.
- On true/false questions make sure to read the entire question. The entire answer must be true for the correct answer to be "true."
- On both multiple choice and true/false tests, answers containing absolutes such as "never," "always," "none," and "every" are usually incorrect.
- Essay questions often have a high point value so read the question carefully, make a brief outline, and then answer the question including all of the information you can from the text and lecture.
- Errors sometimes occur when you are in a hurry, so check over your test before turning it in.

THIS MONTH IN TRIO...

Access links for seminars are sent via text and LSCC email.

- 8 Protecting Your Identity @ Noon
- 10 Viewing of King Richard @ Noon
- 14 The Healthy Heart @ Noon
- 17 Cultural Enrichment Field Trip



Professional tutors are available to help you stay on track this semester in English, math and biology.

Managing Test Anxiety

- Prepare well.
- Breathe deeply.
- Relax.
- Engage in positive self-talk.
- Remain calm.

