

Preparing for the Test

Presentation at Region 8 Congress by Cookie Batche

Get Organized

1. Three ring binders
2. Flash cards
 - a. Make own with picture of an element on one side & symbol on the other side
3. Use symbol sheets
4. Judging Sheets
 - a. Place composition deductions on sheet
5. Purchased Materials
6. On-line Study Aides
7. Post It flags
8. Highlighters

Develop a Study Schedule

1. Stick to the schedule
2. Build in easy days
3. Count backwards from the test day
4. Schedule for the number of days remaining
5. Incremental Building Blocks
 - General , $\frac{1}{2}$ an event per day, 1 event per day, 2 events per day, 4 events per day

Written Test Preparation

1. Writing reinforces knowledge three times as much as reading
2. Develop a cheat sheet
 - a. One page
 - b. A section for each event
 - c. Organize by deductions
 - d. Write/re-write
 - e. Aim for five minutes
 - f. Angle charts would be important to include
3. Take practice tests
4. Make up your own test questions

Element Memorization

1. Study half of the elements of an event together
2. Study groups 3, 6 & 7 on bars together
3. Write out the shorthand for an element
4. Make handstand and turn charts
5. Attend to the skills in the Same Box

Open Book Test Prep

1. Read and re-read so you can find information quickly
2. Organization is the key
 - a. Tab your book
 - b. Use different color markers
 - c. Enlarge the symbol
 - d. Highlight selected symbols
 - e. Write key words in margins

Film Test Prep

1. Open book suggestions key here
2. Practice judge with a friend/group
3. Practice scripting elements & combos, gradually add execution
4. Practice complex skills & combos, in slow motion if needed
5. Practice “keeping going”
6. Practice not getting a score
7. Time yourself
8. Make up names for skills you have trouble writing
9. Consider judging sheets with composition deductions included

Study Tips

1. Learn symbols
2. Take some flash cards with you everywhere
3. If you are auditory learner record material
4. Study with a friend & get feedback
5. Several sessions are better than fewer long sessions
6. Maintain a positive attitude
7. Sleep on it – sleep consolidates new info in brain
8. Take practice tests
9. Reward yourself for studying

Get Creative

1. Acronyms – each letter is a cue
Example: SEE – Definitions of bar dynamics
Swingful, Energy Maintained, Effortless
Example: SEC – Definitions of artistry
Style, Expression, Choreography
2. Acrostic – invented sentence or poem
Example: I Love Blue and Purple Salt
All the 2nd flight vault deductions > 0.30
Insufficient length, Bent legs, Arched body, Piked body, Stretch not maintained,
Legs Twisted

Improving

1. Select a study space with little distractions
2. Stick to a routine
3. Find time of day that is best for you
4. Vary your study activities, try on-line materials (Gym Quest)
5. When you find yourself wandering
 - a. Be here and now
 - b. Focus on beam (Not Don't think about vault)
 - c. Don't worry as you study. Set a time to worry
6. Set realistic goals
7. Organize your life/Develop a life schedule
8. Create a to do list
9. Keep a list of questions
10. Visualize doing well
11. I Can Do It
12. Avoid fatalism
13. Take regular breaks

Anxiety

Recognize that anxiety is normal and natural
Too much interferes

Overcoming Test Anxiety Pre-Test

1. Utilize good study techniques
2. Over study
3. Maintain a positive attitude
4. Visualize yourself as someone who is a good test taker
5. Practice systematic desensitization
6. Develop a strategy for how you are going to take the test, puts you in control, instead of the test being in control.
7. Rehearse these strategies prior to the test

Overcoming Test Anxiety on Test Day

1. Go to the test well rested
2. Wear comfortable clothes
3. Eat a light snack before the test
4. Recognize that some anxiety is appropriate and normal
5. Arrive early for the test
6. Implement your plan
7. Avoid talking to those who are unprepared/negative
8. Organize your materials/workspace
9. Refrain from foot stomping, gum chewing, pencil tapping, etc.
10. Focus on positive statements –“ I know this material”
11. Tell yourself good job when you find a question you know
12. Take slow deep breaths if you feel anxious during the test
13. If you don't know an answer at first, smile, tell yourself , “she told me this would happen – I'll come back later.”
14. Apply test taking tips
 - a. Write your cheat sheet first
 - b. Decide order you want to answer, Vault & Gen. should be a positive experience. Consider separating bean & floor.
 - c. Answer questions you know first. Write down the questions you are not sure of and come back to them at the end.

Test Taking Tips

DETER

Directions – Read carefully
Examine the test structure
Time – Allot time for each section
Easiest questions first
Review before turning in the test

During the Test

1. Read each question carefully
2. Identify answer before you read the alternatives then search for the answer
3. Ignore those who turn their test in early
4. Bring extra pens/pencils

Summary

1. Get organized
2. Develop a study schedule
3. Practice, practice, practice
4. Develop a plan for test day
5. Stick to your plan
6. Sleep, breathe, smile
7. Visualize yourself passing
8. Read questions carefully
9. Go out & celebrate