

**Test Taking Skills**  
**From Lecture given by**  
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Family Medicine Board Review

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# Overview

- **Examination Preparation**
  - *Review Courses*
  - *Study Skills*
- **Improving Examination Performance**
  - *Test-Wiseness Skills*
  - *Test-Taking Skills*
- **Improving Examination Scores**
  - *Guessing*
  - *Test Anxiety*

# Question 1

What probable etiologies are suggested when drug use is associated with extremities?

- A. Seizures associated with the drug use
- B. Tremors noted secondary to an oral deficiency
- C. The patient is agitated and the reflexes are hyperactive
- D. The patient is lethargic secondary to gastrointestinal bleeding
- E. Tremors were removed from the patient

## Question 2

Patients suffering from strugleum frequently undertros the gruifreit because:

- A. all patients with strugleum have krodncurz.
- B. strugleum always presents with qugruestful.
- C. there are never cases of strugleum without feskabolose.
- D. patients with strugleum commonly have gizzlehorst.
- E. no fuegrools results in strugleum.

## Question 3

Along the eastern coast of Maine, the cases of huestoolduds are most often secondary to:

- A. poor nutrition.
- B. the moisture in the frocklesters.
- C. the abundance of greezles.
- D. a relative abundance of kleasternezers.
- E. an oversupply of fhoulsteens that occur directly as a result of kjuoost, djurts and bhespernets maldoorneys.

## Question 4

The drug of choice for patients experiencing zhiglerastasis secondary to kweatlostosis is:

- A. dragrootmycine.
- B. brusterocilline.
- C. noopkweetosporine.
- D. zhiglerpurocine.
- E. pneustodregcycline.

# MCQ: Typical Question

STEM:

35 yo male presents.....

RESPONSES:

A

B

C

D

E

# Multiple Choice Questions

## *Type A Items*

**Stem** – Presents the problem or question

**Responses** – the keyed answer\* & distractors^

\* One Correct answer or *BEST answer*

^ Distractors (4)

i. One choice that is rather obviously *incorrect*

ii. Two choices that are *reasonable*

a. peripheral to topic

iii. One choice that is very close to the BEST answer



# Test-Wiseness

A subject's capacity to score higher on an examination is based on their test-wiseness, a skill which is independent of the examinee's knowledge of the subject matter.

*Evans 1984*

# *Ways to Enhance the Process Remembering*

***Information***



***Knowledge***



***Retrieval***



***Recognition***



***Recall***

***Storage***

Study Habits

Learning Style

Organization

***Retrieval***

Associations

Understanding

Cues

# *Ways to Enhance the Process Remembering*

## ***Retrieval***

### ***Recognition***

**Less Active**

**Factual**

**Cues Present**

**Repetition**

**Cramming**

### **Recall**

**More Active**

**Problem Solving**

**Cue Absent**

**Bridges**

**Strategies**

# Test-Taking & Test-Wiseness

## Test Score

▲  
**Preparation**

(Before the exam)

▲  
**Performance**

(During the exam)

# Self-Directed Learning Methods

- **Develop a Strategy**
  - Choose strategy to meet your needs

## **Reading**

- *50% of time should be spent reflecting*
- *Strengthen Comprehension*
  - *Paraphrasing (increase understanding)*
  - *Outline major points*

# Self-Directed Learning Methods

- **Develop a Strategy**
  - Choose strategy to meet your needs

## **Studying Methods**

- *Revision Strategy*
  - *Writing own notes; associations*
- *Acronyms*
- *Chunking*
  - *Group related items (associations)*
- *Picture it*
- *Concept Mapping*

# Self-Directed Learning Methods

- **Concept Mapping**
  - Visual representation of relationships
  - Learner's Organization (algorithm)

Seizures

Types

Etiologies

Medications

# Self-Directed Learning Methods

- **Self-Evaluation**

- Be sure “Closing the Gap”

- *Question-and-Answer Sessions (Books)*

- Maximize potential



# Self-Directed Learning Methods

- **Question-and-Answer Books**
  - Answer one question per minute
  - Make notations when answering
    - ✓ I know this
      - I think I know this
      - o This is a guess

# Self-Directed Learning Methods

- **Question-and-Answer Books**
  - When checking work
    - o This is a guess
      - Got these right – work to do!
    - ✓ I know this
      - Got these wrong – LOTS work to do!

# Self-Directed Learning Methods

- **Escape Syndrome**
  - Sitting around thinking about/talking about “*how bad it’s going to be*” ...

# During the Examination

- **Focus on the Stem**
  - Find the BEST answer
- **Read ALL options before recording answer**
  - Avoid partly correct responses
- **Go with instinctive (GUT) feeling**
  - You picked it for a reason
- **Once decide incorrect**
  - Do not consider it again
- **Avoid “reading into” the question**
  - The stem sets the task

# During the Examination

*When GUESSING is the ONLY alternative*

## **Longest Alternative**

**Often the exam writer wants to be sure you have enough information to recognize the correct Response.**

# During the Examination

*When GUESSING is the ONLY alternative*

## **General Alternative**

**If four of the five options are very specific and one is very general...**

**Often the more general option is correct response**

# During the Examination

*When GUESSING is the ONLY alternative*

## **Similarity & Oppositeness**

**If two choices are very similar, usually the correct choice is NOT one of them...**

**The correct response is often one of two opposites.**

# During the Examination

*When GUESSING is the ONLY alternative*

## **Grammar Agreement**

**The stem and responses should be grammatically correct...**

**Singular stem should not be completed by plural option**



# During the Examination

*When GUESSING is the ONLY alternative*

## **Specific Determiners**

The implication of absoluteness (always, never, must, none, only...) is often incorrect.

Words that permit exception (seldom, usually, often, perhaps, etc) are more commonly associated with the correct response.

# During the Examination

*When GUESSING is the ONLY alternative*

## Rank Order

When a list of numbers or “rank ordering” exists, the correct response is often somewhere in the middle.

# During the Examination

When *GUESSING* is the *ONLY* alternative

## Deductive Approach (Convergence)

- A. W & X
- B. Y & Z
- C. X & Y
- D. V & Z
- E. X & Z

# During the Examination

When *GUESSING* is the *ONLY* alternative

## Deductive Approach (Convergence)

- |          |       |
|----------|-------|
| A. W & X | V = 1 |
| B. Y & Z | W = 1 |
| C. X & Y | X = 3 |
| D. V & Z | Y = 2 |
| E. X & Z | Z = 3 |

# During the Examination

*When GUESSING is the ONLY alternative*

## **Clang Association**

**Similarity between a word in the stem and correct response.**

# Test Anxiety

## Can Cause

- **Psychological Changes**
  - *GI Symptoms, Insomnia, Headaches*
- **Emotional Changes**
  - *Irritability, Moodiness, Frustration, Anger*
- **Cognitive Changes**
  - *Memory Blocks, Attention Span Limitations*

# Test Anxiety

## Caused by

- **Lack of Preparation**
  - *Cramming*
  - *Procrastination*
  - *Poor Study Habits*
- **Worrying**

# Test Anxiety

## Ways to Reduce

- **Understand the Examination**
- **Build Confidence**
  - *Study effectively & efficiently*
- **Plan Studying & Improve Study Skills**
- **Develop Stress Reduction Techniques**
  - *Avoid caffeine*
  - *Exercise regularly*
  - *Breathing control*
  - *Muscle relaxation*



# Question 1

What probable etiologies are suggested when drug use is associated with extremities?

- A. Seizures associated with the drug use
- B. Complications secondary to an oral deficiency
- C. The drug use and the symptoms are unrelated
- D. The symptoms are secondary to gastrointestinal problems
- E. The symptoms were removed from the patient

## Question 2

Patients suffering from strugleum frequently undertros the gruifreit because:

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