

# MASTER YOUR TESTS

## 11 Strategies to Improve Performance

1. Take thorough notes.
2. Review the material each night.
3. Actively study.
4. Study with your peers.
5. Study in Power Hours.
6. Make sleep a priority.
7. Listen carefully to guidance before the test begins. Skim through the entire test before you answer any questions.
8. Keep track of your time.
9. Skip a question if you don't know the answer.
10. Tips for multiple choice questions:
  - Read the entire question.
  - Identify key words in the question ("all," "none," "except," and so forth).
  - Try to come up with the answer in your head before you look at the options.
  - If you have a reason for changing an answer, your new answer is probably right; otherwise, you might want to stick with your first choice.
11. Write about your concerns.



**DIRECTORATE OF  
PREVENTION, RESILIENCE  
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