

## PUTTING TESTS IN PERSPECTIVE



We tend to put a lot of pressure on ourselves when we write tests. Since a mark is received, tests have this power.

But really... this mark is indicative of one thing. A mark you received on a test one time.

Marks are not a measure of intelligence or self-worth. They do not gauge everything you learned over a semester, or other assignments you did well on, or other personal successes like getting that job, running that mile, watching an entire season of Game of Thrones in one evening.

If you did badly on a test, then you did badly on a test. That is all. It does not mean you are a bad student. It does not mean you aren't smart enough to attend university. It means something didn't work and you will learn from that failure.

Even "important" exams like the LSAT or tests to get into different schools. The worst that happens is your plans are delayed. They are not over, they will simply take a little longer.

The point is to keep tests in perspective.

If a stranger were to ask you on a bus what the causes of WWI were and you didn't know... you probably wouldn't care.

If you're asked that question on a test... suddenly it matters.

It is easier to do well on tests and exams if you feel less pressure. We do not work well or give peak performance when we are stressed and panicky.

Keep this in mind as you're studying or about to write.

You are a complex person who has lived an entire life of experiences before writing this test. You will still be a complex person who has lived an entire life of experiences after writing it.

Cuseo, Joseph B, Aaron Thompson, Michele Campagna, Viki Sox Fecas. *Thriving in College and Beyond: Research-Based Strategies for Academic Success and Personal Development*. Dubuque: Kendall Hunt Publishing Company, 2016.

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