

## The Why: Observations and Hypotheses for Targeted Study

Hypothesis	Observations	Study Approach
<b>Knowledge or Skill Proficiency</b>	Pattern of choosing clearly wrong answers. Guessing at random. Unable to answer question before reviewing multiple choices.	Utilize testing framework competency descriptions to build knowledge. Seek a mentor or study group.

Notes:

<b>Vocabulary</b>	Panicking when a word comes up that is unclear. Getting stuck on a question or avoiding answer choices with tough vocabulary. Picking answers with words that “seem right.”	Utilize testing framework competency descriptions to build academic vocabulary. Quiz yourself. Work on using context clues to avoid tough words.
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Notes:

<b>Question Comprehension</b>	Not understanding the question until you are given a right answer. Consistently choosing the second best answer choice. Missing small question cues because of a fast pace.	Know the types of questions asked with each competency. Choose a testing strategy to slow down and focus on the question. Use responses to infer the intent of the question.
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Notes:

<b>Testing Format</b>	Spending too long trying to understand what is going on with a question type. Not knowing how to approach a type of question or read a graph/diagram. Unfamiliarity with how to manipulate testing format – skipping, marking questions, using scratch paper, etc.	Spend time practicing with question formats and time yourself. Set accuracy and pacing goals during study sessions. Practice under simulated conditions.
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Notes:



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Hypothesis	Observations	Study Approach
<b>Timing</b>	Spending too much time on one question. Not finishing the questions in the time allotted. No time to go back and check questions.	Spend time practicing questions and time yourself. Set a goal of x seconds per question. Practice until you get there with accuracy.

Notes:

<b>Confidence</b>	Second guessing your answers. Slow pacing because of deliberation. Constantly going to learn more content when practice test scores are low.	Use a testing strategy that reminds you to use your prior knowledge. Work on trusting what you know and building speed.
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Notes:

<b>Stress Response</b>	Slow pacing. Panic moments where you can't focus on the question or answer because of your stress or thinking. Increased heart rate, breathing, sweaty palms, tense muscles, jitters, and other stress responses.	Utilize breathing techniques to bring your stress level down. Work on use of breath for calming during study time so you have a plan for the actual test. Ensure you are taking care of yourself and sleeping prior to the exam. Use affirmations. Create predictabilities for the actual testing day by practicing how it will go.
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Notes:



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