

Preparing to Take an Objective Assessment (OA)

Here are some tips to help you be successful on a timed and proctored objective assessment:

1. **Practice under similar conditions:** If possible, practice taking timed, proctored exams in conditions similar to those for the actual test. This will help you get accustomed to the pressure and environment.
2. **Understand and follow proctoring rules:** Ensure that you know and follow all the rules set by the proctoring system. Any violation may lead to disqualification or penalties. If you are uncertain, ask for clarification before the assessment begins.
3. **Have a positive mindset:** Believe in yourself and your abilities throughout the assessment. A positive mindset can lead to better preparation, more effective problem-solving strategies, and reduced anxiety during the test and, therefore affect performance on the assessment.
4. **Read instructions carefully:** Make sure you understand all instructions before starting the assessment. Pay attention to any special directions regarding how to mark your answers, etc.
5. **Manage your time:** Allocate a certain amount of time to each question or section and stick to it. If you get stuck on a question, move on, and come back to it later if time permits.
6. **Answer easy questions first:** Start by answering the questions you find easiest. This will help you build confidence and momentum. Plus, it ensures you don't miss out on easy marks because you spent too much time on difficult questions.
7. **Manage stress:** It's natural to feel stressed during an assessment, but don't let stress and anxiety overwhelm you. Practice [relaxation techniques](#) like deep breathing or positive visualization to stay calm and focused.
8. **Eliminate wrong answers:** If you're unsure about a question, try to eliminate any obviously incorrect options first. This allows you to focus on the options you think could be correct and improves your chances of guessing correctly if you must guess.
9. **Review your answers:** If time allows, review your answers before submitting the assessment. Look for any mistakes or areas where you might have misread the question. It's better to spend a few extra minutes checking than to submit the assessment hastily.
10. **When in doubt, meet with your course instructor:** Know that your WGU instructors are rooting for you. They will help you prepare for the assessment and determine when you are ready to take it. Afterward, they will review your results with you and discuss the next steps.