

Raise Your Score, Lower Your Stress!

.....
12 Tips to Increase Your TEAS® Score
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To my family

Contents

Introductionvii
Tip #1: Your Mindset Can Make Or Break You	1
Tip #2: Set The Bar Now	7
Tip #3: Strategize The Drill11
Tip #4: Start The Extra Mile17
Tip #5: You Don't Have Time To Procrastinate23
Tip #6: Fast Track Your Progress31
Tip #7: Exploit The Power Of Quizzes35
Tip #8: Outwitting Yourself41
Tip #9: More Suggestions And Gotchas49
Tip #10: Blow Away Your Time Limitations59
Tip #11: Be Ready For Exam Day Challenges65
Tip #12: Putting It All Together75
Credits.77

Introduction

As any student with a rejection letter knows, getting accepted into a nursing program can be challenging. Sometimes hundreds of students compete for dozens of slots. At many schools, it may come down to one's score on the TEAS (Test of Essential Academic Skills), a proctored, standardized exam with multiple-choice questions on subjects of reading, math, science, and English and language usage.

This book was written by a student who scored in the 99th percentile on her first TEAS attempt. My individual score of 90% in the Science section illustrates that it is possible to excel even if one lacks a course such as biology and even if high school was many years ago.

If you have taken the TEAS and have failed to get the score you want, read each Tip with an open mind. I will highlight the strategies that I feel helped me to score higher and tell you where I feel many students go wrong from the start.

This book is a quick read, with your busy schedule in mind. Those challenged by time constraints and stress may want to start by reading Tip #10, which suggests ways to free up time and make preparation fun.

I am confident that *Raise Your Score, Lower Your Stress!* will be a valuable resource for your TEAS preparation.

—Kim Land

To optimize your reading experience, the following icons have been used:



Quick suggestion



Idea or tool to save time



Something to avoid



Thought to consider



Summary of main points

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Ok, let's get started. Take a look at how your thought process can affect your score in **Tip #1 – Your Mindset Can Make Or Break You.**

Tip #1

Your Mindset Can Make Or Break You

“We are where we are today because we first imagined it.”

—Anonymous

A middle-aged woman with a recent complaint of chest discomfort listened intently as her physician went over her test results. Her serious heart condition would require surgery as soon as possible.

Upon returning home, the woman researched her condition on the internet, where she found numerous stories of patients who had failed to survive. Within days, she became convinced she would share their fate. In spite of her friends’ attempts to reassure her, the woman became more and more withdrawn. Two days before her scheduled surgery, she suffered a heart attack at home and died.

The next morning, a message was left on the woman’s answering machine. Her doctor was calling to inform her of a mix-up with some test results. Turns out, her heart had been perfectly fine.

Stories of self-fulfilling prophecies like this one are as old as civilization. Our thoughts and beliefs, positive and negative, have the ability to affect our health, our finances, our relationships, and yes, even our score on a standardized test like the TEAS.

Let's look at some thoughts students often have about taking the TEAS and examine whether or not they make sense.

What Are Your Thoughts About The TEAS?

"You can't study for this kind of exam."

"The test shows what you have learned."

"You either know it or you don't."

"I'm too old."

"I'm too young."

"I don't have time to study."

"There's too much material to learn."

"My family doesn't support me."

"I'm no good at math."

"I never had biology, chemistry, or physics."

"I don't do well on standardized tests."

Are your beliefs based on facts and logic? Or, are they based on fear and the opinions of others?

How is your thought life affecting your preparation?

Our Thoughts Matter!

Have you already formed a negative belief about your ability to excel on this test?

Once we begin thinking this way, what happens? We lose momentum. Insights that would have otherwise been gained are lost. Our preparation deteriorates, and on exam day, we arrive without confidence.

Are Your Thoughts Logical?

Let's look at some of these negative statements again:

"You can't study for this kind of exam."

**Warning!**

If you are convinced you will not do well on the TEAS, you're probably right!

Think about that statement. Of course one can study for this test! Preparation can make all the difference. Find someone who excelled on the TEAS, and ask if he felt his preparation helped. My guess is that his answer will be yes.

"The test shows what you have learned."

"You either know it or you don't."

Sometimes we read too much into statements.

For example, let's say you never took biology in school. Hearing the above statements may cause you to believe, at least at some level, that you cannot excel on the TEAS.

Garbage! It does not matter whether you had a subject in high school; what matters is how prepared you are on exam day. What you don't already know, you can likely teach yourself.

"I'm too old."

"I'm too young."

"My family doesn't support me."

If you have recently returned to school, you may be dusting off a cobweb-covered knowledge of English, math, and science while imagining yourself in competition with an army of eighteen-year-olds, each of whom has a flawless memory of high school coursework.

Conversely, if you are a recent high school graduate, you

**Warning!**

Do not be affected by a classmate who de-emphasizes the importance of preparing for this exam.

He may be trying to convince himself that he does not need to hit the books or hoping to influence other students, with whom he is competing, to study less.

may be questioning how you will perform against older students, whose experience is to their advantage.

Each student has some advantages and disadvantages over the next. Making generalizations and assumptions based on an age group or a personal situation is not productive.

“I don’t have time to study.”

Undoubtedly, many of your fellow students have the same frustration. Replace your doubts with a determination to optimize your time. Be comforted in knowing that the better prepared you are, the better your score will be.

See **Tip #10 – Blow Away Your Time Limitations** for ways to free up time and make preparation fun.

“There’s too much material to learn.”

Is there? Think of the number of facts we have to absorb during one anatomy class. 😊

Seriously, once you break it down and eliminate what you already know, what is left may be less than you would think. Refer to **Tip #5 – You Don’t Have Time To Procrastinate.**



Time Saver

If you have trouble accepting a positive thought as the truth, say it anyway. That way, it will start to be programmed into your head.

“I never had biology, chemistry, or physics.”

“I’m no good at math.”

“I don’t do well on standardized tests.”

I hear you. I did not take certain science coursework in high school. My SAT score was nothing to brag about. I had been out of school for many years, and my memory of the finer points of math and English grammar was dim.

Challenged or not, I was determined to find a way. I kept my thoughts positive and followed through with a specific plan. I received an adjusted individual total score of 94.1% on TEAS 3.0, with a range of 90-100% in each section of the exam. It was my first attempt.

If I can do well on the TEAS, why can't you?

Get Rid Of Negative Thinking

Each time you find yourself doubting your ability or making excuses, replace the negative thought with a positive one.

For example, if you find yourself dwelling on, *"I'm too old,"* replace that with, *"I have the advantage of experience."* If your thought is, *"You can't study for this type of test,"* say instead, *"My studying will make all the difference."*

Check yourself until you eradicate your negative thinking.

Soon you will notice that your thoughts about the test are more positive. Your focus will be on your preparation, not your fears. You will be open to new insights that will help you improve your study plan and gain momentum.

Check Yourself!



- ✓ Examine your thinking for negative beliefs.
- ✓ Replace negative thoughts with positive ones.
- ✓ Keep checking your thoughts daily.

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Next, let's look at an important initial step that many fail to complete.