

TEAS: Test of Essential Academic Skills

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Student Success Coach

What does the TEAS exam consist of?

- The format of the TEAS test is similar to other standardized tests you've likely taken in your life and shouldn't throw you for a loop.
- The TEAS test consists of 170 multiple-choice questions.
- You will have 209 minutes to complete the test.
- According to the [Assessment Technologies Institute \(ATI\)](#)

What do I need to know to pass the TEAS test?

- The bulk of what you'll need to know for the TEAS test is tied to the foundational education subjects commonly found in high school curriculums.
- ATI shares that the test covers material in the following areas: Reading, Math Science, and English

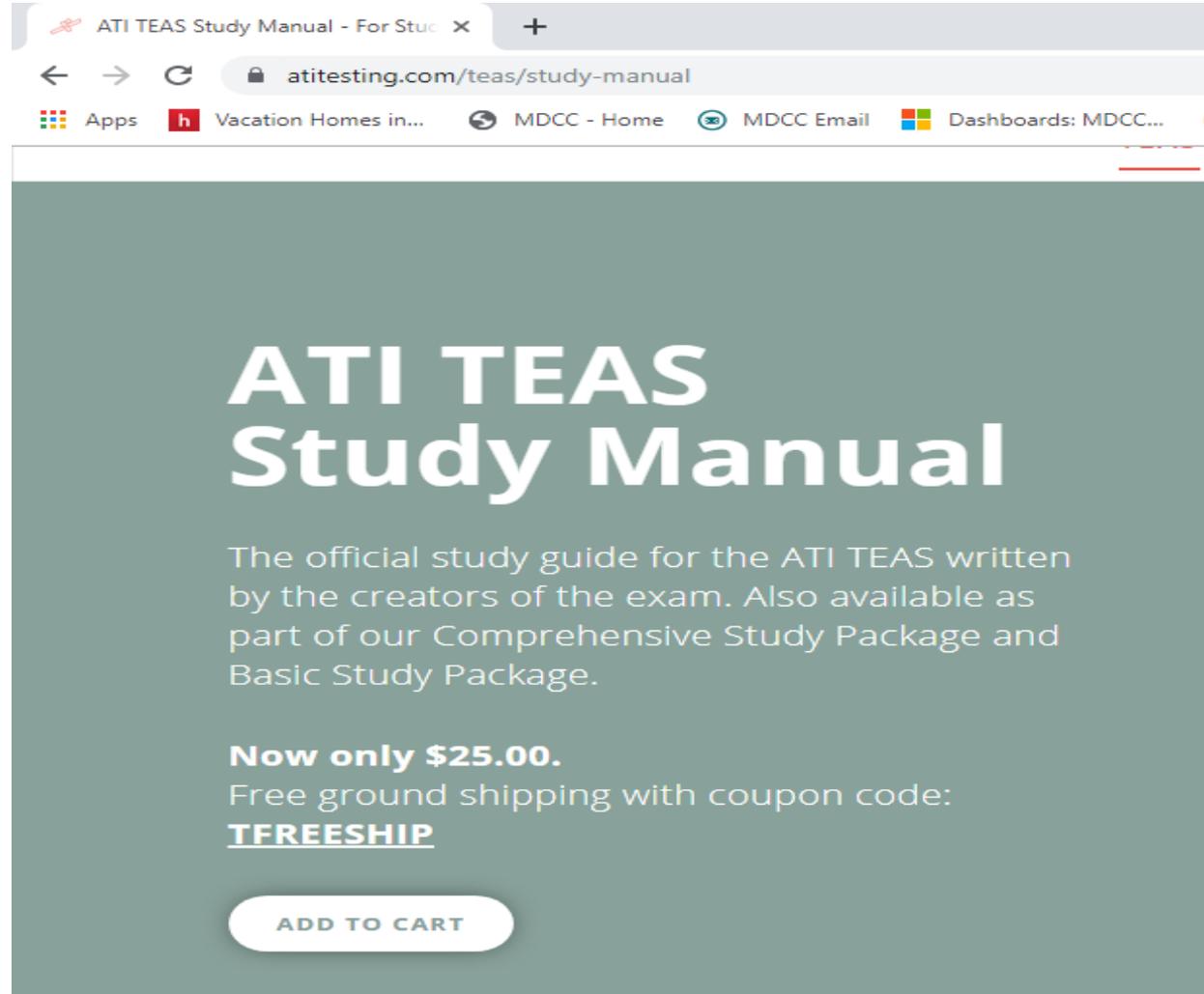
What is the question breakdown?

- **Reading: Questions: 53 Allotted time: 64 minutes.**
Areas assessed: key ideas and details, craft and structure, and integration of knowledge and ideas.
- **Mathematics: Questions: 36. Allotted time: 54 minutes.** Areas assessed: numbers, algebra and data interpretation and measurement.
- **Science: Questions: 53. Allotted time: 63 minutes.**
Areas assessed: human A&P, life and physical sciences, and scientific reasoning.
- **English: Questions: 28 Allotted time: 28 minutes.**
Areas assessed: conventions of Standard English, knowledge of language and vocabulary acquisition.

How should I prepare for the TEAS test?

- The TEAS test is important, which is why you shouldn't take studying lightly. If you want to pass it on your first attempt, then you should plan on devoting some time and energy into preparing.
- Take the TEAS test early
- Register at least two weeks ahead of time
- Utilize the ATI resources (More on Next Slide)
- Review the fundamentals

ATI Resources



The screenshot shows a web browser window with the following details:

- Browser tab: ATI TEAS Study Manual - For Stud...
- Address bar: atitesting.com/teas/study-manual
- Navigation icons: back, forward, refresh
- Taskbar: Apps, Vacation Homes in..., MDCC - Home, MDCC Email, Dashboards: MDCC...

The main content area has a dark teal background and features the following text:

ATI TEAS Study Manual

The official study guide for the ATI TEAS written by the creators of the exam. Also available as part of our Comprehensive Study Package and Basic Study Package.

Now only \$25.00.
Free ground shipping with coupon code:
TFREESHIP

ADD TO CART

READING SECTION



Vocabulary, Sample
Question, Answers/Explanations,
& Practice Quiz

This is a resource I am providing for you to get a feel for what you will be expected to know and do in regard to reading skills.

TEAS Reading Tips

- The questions are often preceded by a long or short passage. It is helpful to read the questions first and then read the passage. This will give you an idea of what to focus on when reading the passage.
- You will often see questions beginning with “logically conclude.” This is a trap! Don’t be tempted to make assumptions about the text based on your own personal understanding—try to keep to the facts in the text.
- Many questions will focus on your ability to determine the difference between opinion and fact. These questions can be tricky if you are not used to them, so practice recognizing the difference between fact (the sky is blue) and opinion (the sky is pretty)

TEAS Reading Tips Cont.

- Familiarize yourself with different writing styles, such as persuasive and informational writing styles.
- Try to improve your reading speed and comprehension in advance. You want to ensure that you can finish the section before the time is up. Manage your time! Make sure you pace yourself.
- Practice at home with TEAS practice reading materials, and estimate how much time you need to allot to each question.
- Pay attention to the wording in questions. The wording in the question itself will usually provide helpful hints that can lead you toward the correct answer.

A red speech bubble graphic with a white outline, containing the text 'PRACTICE QUESTIONS'. The bubble has a tail pointing downwards and to the left. The background features faint, curved lines in the top-left and bottom-right corners.

PRACTICE QUESTIONS

Paine was one of the Founding Fathers

Paine was forgotten after his lifetime.

The Declaration of Independence could not have been written without Paine's contribution.

Paine's wide range of job experiences likely helped him develop his political opinions.

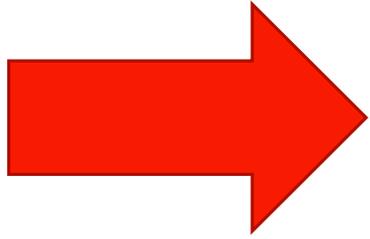
Compared to most of our country's other Founding Fathers, Thomas Paine is essentially unknown. In fact, there are many Americans who have never even heard of him. Paine was born in 1737, the son of a corseter – a tailor specializing in corsets and other undergarments – and grew up in rural Thetford, England. As a young man, Paine worked as a corseter, sailor, and minister, but found his true calling when he moved to the British colonies in America. Paine first gained notoriety as the editor of Pennsylvania Magazine and, as political turmoil engulfed the colonies, he became more prominent. In 1776, Paine anonymously published a book called Common Sense that argued forcefully for American independence from Britain. The book's popularity spread like wildfire; soon there were 200,000 copies in circulation. Once the war began, Paine published a series of pamphlets called The Crisis. These, in the midst of a bloody war, helped keep up the morale of the troops. Thomas Paine is also credited with conceiving the name "The United States of America." Thomas Paine was an extremely talented writer; Thomas Jefferson and John Adams drew heavily on his work when drafting the Declaration of Independence. Later in life, Paine wrote other, highly controversial works. He was even exiled from England and imprisoned in France for his writings. In 1796, Paine did his part to inspire what would become Social Security. He suggested a system of social insurance for the young and the elderly in his last great work, Agrarian Justice. Which of the following conclusions may logically be drawn from the first paragraph of the passage?

Paine was one of the Founding Fathers

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Unfortunately, not enough is known about Thomas Paine to call him a Founding Father.

Given Paine's contributions to America, he deserves recognition as one of our most important Founding Fathers.

Paine was also an inventor, patenting his design for a cantilever bridge.

If Paine had received the recognition he deserved, he would have been seen as a much more controversial figure.

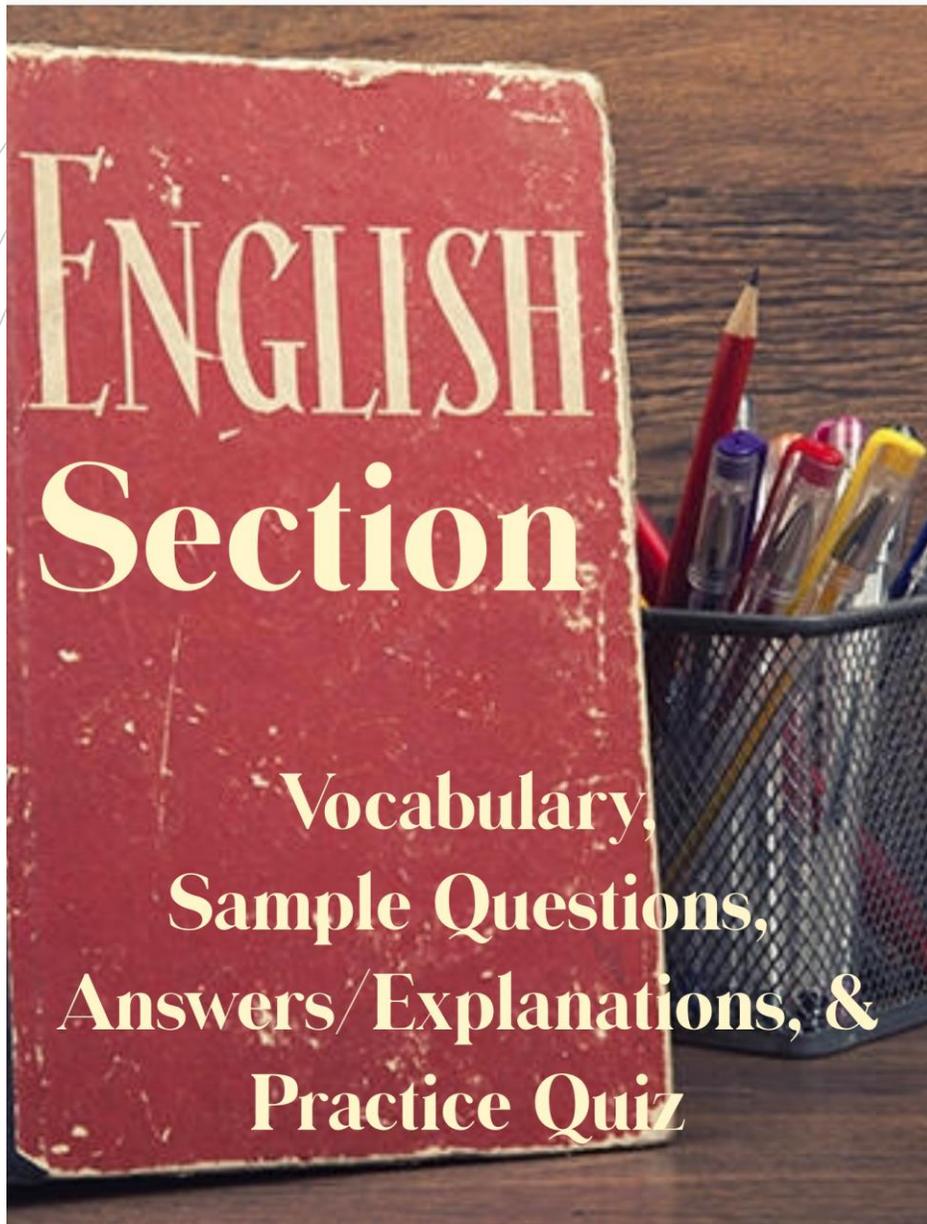
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This is a resource I am providing for you to get a feel for what you will be expected to know and do in regard to English skills.

TEAS English Tips

- **STEP 1: ANALYZE THE INFORMATION PROVIDED.**
- Many questions about *English and language usage* will present you with a sentence or short passage and ask you to identify an element of the sentence, complete the sentence correctly, or fix an error. The question will specify what task you are to perform. Read the question and the sentence carefully
- Not every question is accompanied by a sentence. Some simply ask you to recall facts. However, the question still contains key terms that you need to apply. The TEAS test has many language arts topics; you might see a question about writing style followed by one about punctuation followed by one about sentence structure. Each time you read a question, give yourself the time it takes for one deep breath to call to mind the particular rules or facts being tested.

TEAS English Tips

- **STEP 2: PREDICT THE ANSWER.**
- Before looking at the answer choices, *predict* the answer. You have a much better chance of finding the correct answer if you already have it in mind. Sometimes you may not be able to make a specific prediction, depending on the question.
- Alternatively, you may have trouble thinking of the exact answer. If the question asks for the part of a book that lists key terms alphabetically. You may not be able to think of the word *index* right off the bat, but you may know that you find this list at the back of a book. Even an approximate prediction will allow you to eliminate answer choices you know are not found at the end of a book.

TEAS English Tips

- **STEP 3: EVALUATE THE ANSWER CHOICES.**
- Compare each answer choice to your prediction, eliminating those that are not a match and choosing the one that is a match.

The medical examiner was called in to perform a post-mortem examination.
Which word from the sentence above is a noun?

medical

was

perform

examination

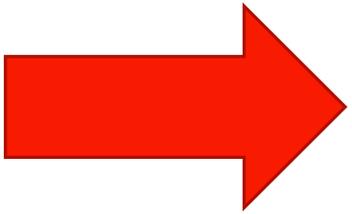
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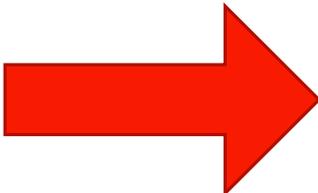
examination



The postman came to the house. He has a letter for my mother. I heard the doorbell ring. I took the letter from the postman. To improve sentence fluency, how could you state the information above in a single sentence?

- When I heard the doorbell ring, I took the letter for my mother from the postman who had come to the house.
- Having had a letter for my mother, the postman came to the house, where I heard the doorbell ring and took the letter from him.
- Coming to the house with a letter for my mother, the postman rang the doorbell, which I heard, and so I took the letter from him.
- When I heard the doorbell ring, I took the letter from the postman for my mother, who had come to the house.

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Which sentence is written correctly?

Since the professor was excessively boring; many of his students fell asleep.

Since the professor was excessively boring, many of his students fell asleep.

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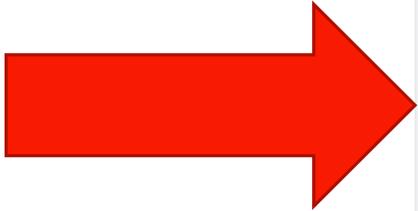
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Tips for Managing Stress of the Test

- ***CLOCK IN AND OUT*** Set up a study schedule for yourself, and treat it like a job.
- ***DON'T PUNISH YOURSELF***
- If you get tired or overwhelmed or discouraged when studying, don't respond by pushing yourself harder. Instead, step away and engage in a relaxing activity like going for a walk, watching a movie, or playing with your cat or dog. Then, when you're ready, return to your studies with fresh eyes.

Tips for Managing Stress of the Test

- ***SET SMALL, MANAGEABLE GOALS***
- Each week, set manageable goals for your TEAS progress. Then reward yourself when you've achieved them. Examples of small goals might be:
- This week, do 20 math questions and practice each until I can move confidently and efficiently from the information provided to the correct answer.
- This week, review all the spelling rules that the TEAS is likely to test until I can identify words that use them and words that are common exceptions.

Tips for Managing Stress of the Test

- ***KEEP YOURSELF HEALTHY***
- Good health, adequate rest, and regular interactions with friends and family make it easier to cope with the challenges of studying. Stay on a regular sleep schedule as much as possible during your studies, eat well, continue to exercise, and spend time with those you care about and those who help you feel good about yourself. Also, don't fuel your studies with caffeine and sugar. Those substances may make you feel alert, but they can also damage focus.

Tips for Managing Stress of the Test

- ***REMIND YOURSELF WHY YOU ARE DOING THIS***
- If you feel tempted to pass up a planned study session because you're tired or something comes up that feels like a higher priority, remind yourself how important a good score on the TEAS is. Success on this test will open the doors to an important educational credential and many career opportunities after that. If you planned to study for 90 minutes and don't think you can study for that long, then study for 30 minutes. You will make progress toward the score you want, and you will feel better about yourself than if you "blow it off." You may even be surprised at how fast the 30 minutes go by and decide that you can study longer after all.

Tips for Managing Stress of the Test

- ***KEEP THE RIGHT MINDSET***
- Most importantly, keep telling yourself that you *can* do this. Don't fall into the trap of thinking that you're not "allowed" to feel confident yet. That's a self-punishing attitude that will only hurt you. Rather, remember that confidence breeds success. So let yourself be confident about your abilities. You're obviously ambitious and intelligent, so walk into the TEAS knowing that about yourself.

Tips for Managing Stress of the Test

- ***IF YOU GET DISCOURAGED, MAKE A LIST***
- If you start to wonder if you'll ever reach your TEAS goals, stop what you're doing and make a list of everything you're good at. Here are some examples:
 - Finding the main point of a passage
 - Using commas correctly in lists.
 - Naming the organ systems of the human body
 - Explaining how oxygen reaches tissues in the body
- Post that list of things you're good at somewhere you'll see it every day and add to it as you continue to study. It will be a long list in no time!
There *are* TEAS skills you're good at. Keep that in mind and focus on building on those strengths.

Don't Spend All
Your Time
Creating Study
Materials



THE WEEK BEFORE TEST DAY

- ***REST***
- Make sure you're on a regular sleep schedule.
- ***REHEARSE***
- Find out where you will be taking the test and consider doing a “dry run” if you will be commuting. You don't want to be surprised by traffic or road construction on Test Day. You also don't want to get delayed or stressed out trying to figure out where to park, which way to go to the building, or where the restrooms are.

THE WEEK BEFORE TEST DAY (Continued)

- **REVIEW**
- Flip through the lessons and rework a few practice problems here and there to reinforce all of the good habits you've developed in your preparation.
- **STOP**
- Two days before the test, stop studying. You're not likely to learn anything new in those two days, and you'll get more out of going into the test rested.
- **RELAX**
- The evening before the test, do something fun (but not crazy or tiring). Maybe you could have a nice dinner (without alcohol), watch a movie, catch up on housework (a clean house is relaxing for some people).

THE WEEK BEFORE TEST DAY (Continued)

- ***GO TO BED, GO TO BED, GO TO BED!***
- **Go to bed early enough to get a full night's sleep (7–8 hours) before the day of the exam.**

How To Test

- **All TEAS Exams will be Remote Proctored (Virtual). You must meet certain technical requirements to take this exam remotely. Please ensure that you are able to meet the following technical requirements.**

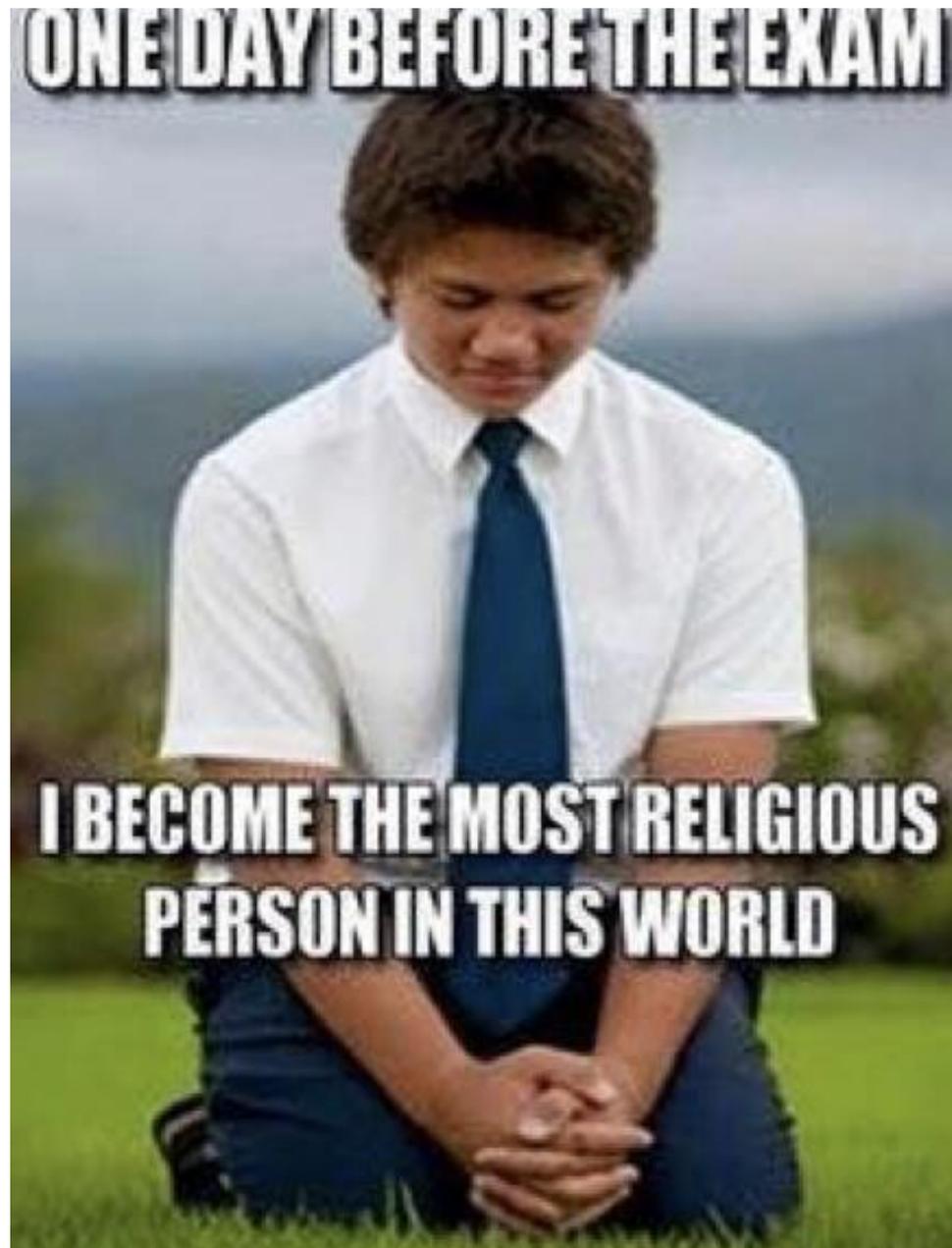
Technical Requirements

- Please ensure that you are able to meet the following technical requirements:
 - Microphone: Any microphone either internal or external
 - Webcam: 320x240 VGA resolution (minimum), internal or external
 - Desktop or Laptop Computer - No iPads, tablets or phones are to be used.
 - Google Chrome web browser
- *If you cannot meet these technical requirements listed, please contact our office to make alternate arrangements for testing.*

Cost and Registration

- *The cost of the TEAS test is \$87.00 and is payable only by debit or credit card at the time you register. The last day to register is 72 hours before your desired test date.*
- *To register for testing, please visit:*
www.atitesting.com

**Not The Best
Strategy**



Test Day

- **After weeks of preparation, you know what to expect on the TEAS. You've studied a lot and taken a test practice test or two. Now your Test Day is approaching. How can you make sure you do your best?**
- **Arrive at least 15 minutes early so the proctor can verify your identity and get you checked in. Proctors will monitor you throughout the test, and they will intervene if they observe disruptive behavior.**

TEST DAY (Continued)

- ***WARM UP***
- Before the test do a warm-up. This will help your brain get ready to function at its best. Don't take any practice materials into the testing center, but do a few practice questions at home or work before you go in for the test.
- ***DON'T LET NERVES DERAIL YOU***
- You have every reason to feel confident. You have prepared for this test! If you find yourself getting nervous or losing focus, sit back in your seat and place your feet flat on the floor. Take a few deep breaths and close your eyes or focus them on something other than the computer screen or test booklet for a moment. Remind yourself that you have studied diligently and are ready, then reengage with the test.

TEST DAY (Continued)

- **Note that during the test, if you need to leave for any reason, you must raise your hand and be excused by the proctor. While you are out of the room, the timer will continue to count down; any time you miss cannot be made up. If you need the proctor's assistance for any other reason, such as a technical malfunction with your computer, raise your hand. Finally, if you find the test setting uncomfortable or inadequate, report your concern to the proctor before leaving the room at the end of the test.**

TEST DAY (Continued)

- ***KEEP MOVING***
- **Don't let yourself get bogged down on a question. You can come back to questions that you aren't sure about, so skip questions that threaten to slow you. There is no penalty for a wrong answer on the TEAS, so make sure to answer every question before time is called, even if you have to guess on some questions.**
- **SELECTING/GUESSING**
- **Use the multiple-choice format to your advantage: if you can eliminate one or two answer choices as wrong, you greatly increase your chance of getting it correct.**

TEST DAY (Continued)

- ***DON'T ASSESS YOURSELF***
- This is very important. As you're testing, don't let yourself stop and think about how you *feel* you're doing. Taking a standardized test hardly ever *feels* good. Your own impressions of how it's going are totally unreliable. So, instead of focusing on that, remind yourself that you're prepared and that you are going to succeed, even if you feel discouraged as the test is underway.

TEST DAY (Continued)

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AFTER TEST DAY

- **After the test, celebrate! You've prepared, practiced, and performed like a champion. Now that the test is over, it's time to congratulate yourself on a job well done. Celebrate responsibly with friends and family and enjoy the rest of your day, knowing you just took an important step toward reaching your goals**

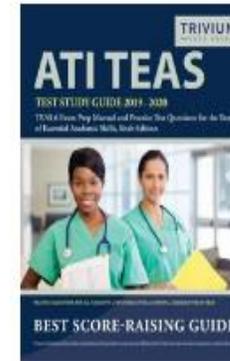
Additional Resources

Web Sites and Study Options

- Quizlet – flashcards, practice, etc.
<https://quizlet.com/subject/ATI-TEAS-6-study-guide/> (Plus others if you search)
- The Adkins Academy Inc.
https://adkinsacademy.com/teas-v/?gclid=EAlaIQobChMIjpGY1c2S5QIVBj0MCh1LPgjwEAMYAyAAEgLVCfD_BwE
- Test Guide <https://www.test-guide.com/free-teas-practice-tests.html>
- Practice Test Geeks.
https://practicetestgeeks.com/ati-testing-online-teas-practice-test/?utm_source=grs&gclid=EAlaIQobChMIq5Ka2c6S5QIV1PfjBx0zGQ4NEAAYAyAAEgLfHfD_BwE

Resources Continued

- Available from **Walmart.com** and other sites.



ATI TEAS Test Study Guide 2019-2020 : TEAS 6 Exam Prep Manual

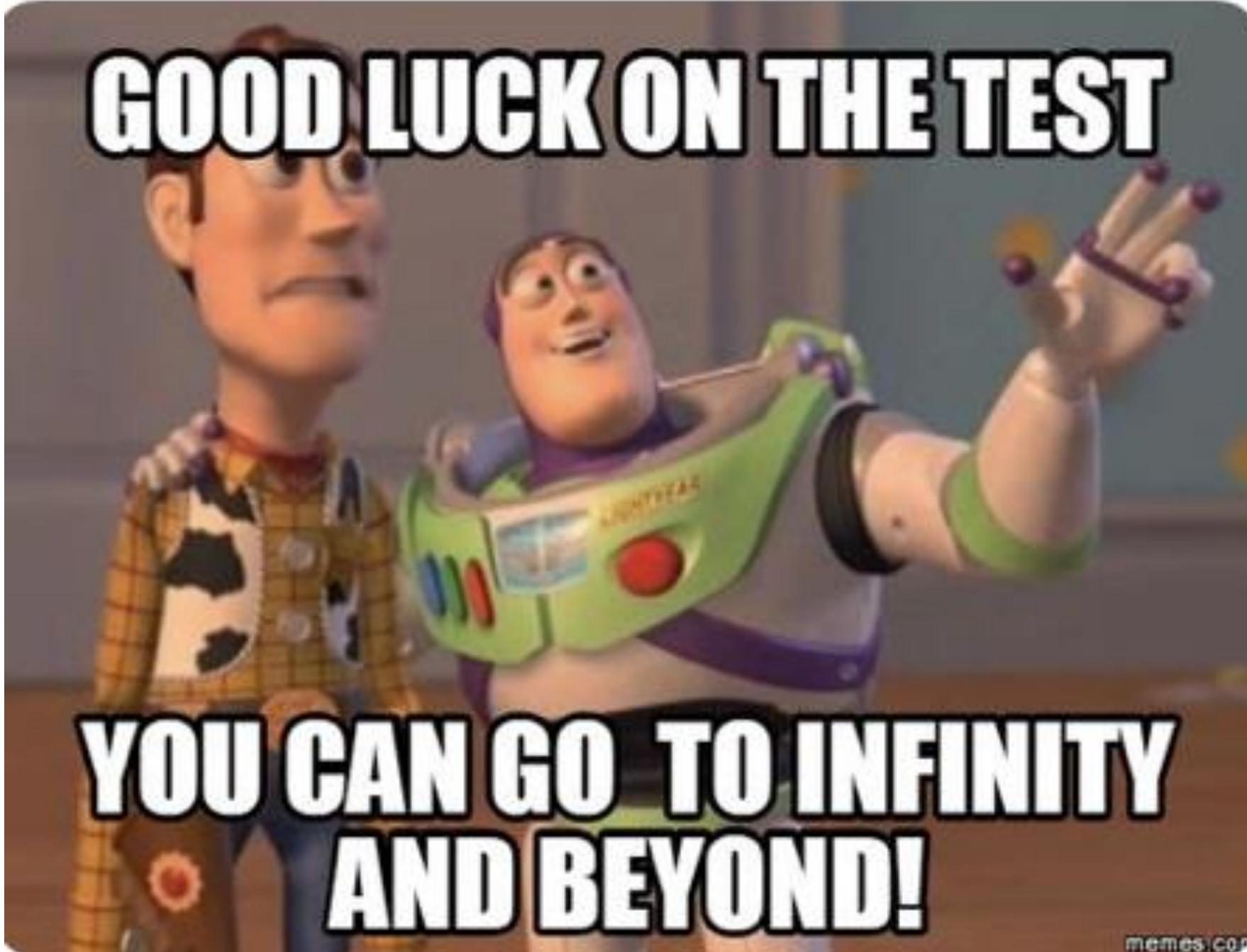
\$24.64

- Available at **Walmart.com**, **quickstudy.com**, and others.



Nursing TEAS 6 Guide \$6.95

GOOD LUCK ON THE TEST



**YOU CAN GO TO INFINITY
AND BEYOND!**