Preparing for the TEAS Exam

The Test of Essential Academic Skills (TEAS) exam is part of the criteria used to determine admittance into the School of Nursing. This is a computerized test covering reading, math, science, and English language/usage. Calculators are not permitted on this exam.

For more resources and information visit: [http://library.spalding.edu/TEAS](http://library.spalding.edu/TEAS)

Step 1: Familiarize Yourself with the Test


Step 2: Take Practice Tests & Study Daily

Mometrix online tests: [https://www.mometrix.com/academy/teas-practice-test/](https://www.mometrix.com/academy/teas-practice-test/)


The Learning Express Library features online tutorials, practice tests, and eBooks for a variety of tests, including the TEAS. Register for a free account through Spalding University’s subscription to KYVL to access materials.

To get to the Learning Express Library from the library homepage:

[http://library.spalding.edu/](http://library.spalding.edu/) > Select Databases A-Z > Select Learning Express Library

Print materials are held at the Information Desk on the 1st floor of the library and can be checked out with a Spalding University ID for up to 2-4 hours to use in the library.


Step 4: Work with a Test Prep Tutor

Spalding University’s Academic Commons ([http://library.spalding.edu/student-services](http://library.spalding.edu/student-services)) offers tutoring in test prep for a variety of tests including the TEAS. Here are some steps/questions to think about when visiting the Academic Commons for test help:

- Tutoring works best when you have already completed a practice test and self-assessed where you are in the test prep process.
- If possible, bring us the results of your practice test(s), questions answered incorrectly, etc. so that we have some direction during our session.

The Academic Commons is located on the 2nd floor of the library. To schedule an appointment, email commons@spalding.edu, call (502) 873-4494, or stop by the desk on the 2nd floor.