

Preparing for Tests

1. Attend all classes
2. Read all assigned material and take notes or write SQ3R questions
3. Take organized and clear lecture notes
4. Know your professors
5. Make your presence known in class by your courtesy, cooperation, and willingness to learn
6. Ask questions to increase your understanding of course material
7. Meet with your professors outside of class
8. Make use of tutoring services and the Success Center
9. Plan your study time
10. Use a regular study area
11. Don't get too comfortable in study area (Not in bed)
12. Set study goals
13. Learn the technical vocabulary of the course using index cards
14. Organize the information you must remember
15. Separate review time from daily assignments
16. Start reviewing systematically and early, not just the night before the test
17. Divide the review material into logical sections and concentrate on one at a time
18. Practice predicting and answering test questions
19. Learn test-taking terms and strategies
20. Examine previous tests to ascertain what you did well and what you did not do so well
21. Find out what kind of a test it will be: objective, essay, or a combination of both
22. Find out when and where the test will be given; what you are expected to bring with you (pens); and what you are allowed to bring with you (dictionary). Get to the test site early with appropriate materials and do deep breathing exercises to relax. Do not, at this time, continue to try to study.
23. Get plenty of sleep the night before the test
24. Get up early enough to avoid rushing and to eat a healthy breakfast
25. Tell yourself you will do well – and you will!

Test Preparation Self-assessment

1. Do you begin planning and studying for exams from the first week of the semester?	Yes	No
2. Do you review all reading and lecture notes on a daily and weekly basis?	Yes	No
3. Do you analyze homework, quizzes, and exams throughout the semester for pattern and error?	Yes	No
4. Do you get normal amounts of food, sleep, and exercise before exams to help reduce stress?	Yes	No
5. Do you identify possible exam questions while reading and taking notes?	Yes	No
6. Do you study with a partner or a group?	Yes	No
7. Do you review material with a group and/or partner once you have learned it?	Yes	No
8. Do you use your instructors' office hours to ask questions about material you don't understand?	Yes	No
9. Do you develop a time budget strategy before each exam to ensure that you complete the exam?	Yes	No
10. Do you make a calendar or schedule of what, how, and when you need to review for each course?	Yes	No
11. Do you use study strategies appropriate to type of exam?	Yes	No
12. Do you use small portions of time for review and/or dedicate large blocks of time for study?	Yes	No
13. Do you attend all classes?	Yes	No
14. Do you use effective note-taking strategies?	Yes	No
15. Do you learn course material in-depth enough that you could explain it to a classmate?	Yes	No

Scoring: 1 point for each “yes” and 0 points for each “no”

Score: _____

<p>12 points or more: It sounds like you are on your way to a successful semester! Review areas in which you answered “no” and try to integrate these into your study strategies.</p>	<p>Between 7-11 points: Check out YouTube videos and websites for more resources about exam prep strategies.</p>	<p>Below 6 points: You might benefit from working with the Learning Center Coordinator on Academic Coaching.</p>
--	---	---