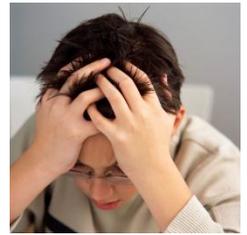


Studying for Tests



A. Start Now

1. Start preparing for your exams the first day of class- paced study
2. Set a study **schedule**- make it precise
3. Take good **notes** in class(Cornell style)- be an active learner
4. Read **textbook** assignments- use SQ4R- highlight, take notes
5. Combine class notes and text notes
6. Focus on the main ideas
7. Join a study group
8. Ask questions when you don't understand
9. Predict questions and quiz yourself
10. Get plenty of sleep, eat healthy foods, exercise, avoid caffeine and alcohol (increase anxiety)
11. Think of a reward to give yourself after the test
12. Find out all you can about the test **ahead of time**
 - a. What type? What material? Which chapters?
 - b. How many questions? What type of questions?
 - c. Where does the material come from- text, notes, etc.
 - d. How much time allowed?
 - e. How important is the grade?
 - f. Will notes, calculators, dictionaries, spell checkers, etc. be allowed?
 - g. Is there a review session?
 - h. Is extended time available?
 - i. Will there be definitions, theorems, names, dates, etc.?
 - j. Are points lost for spelling/grammar errors?
13. Mark what you do not understand in your text and notes. Ask for an explanation.
14. Create study checklists of key concepts, vocabulary words, formulas
15. Make **flashcards**- NOW

B. The Night Before the test

1. Relax
2. **Review** what you already KNOW!
3. Make a summary card
 - a. Write most important things on a card, both sides
 - b. Sometimes teachers allow you to use
 - c. Preparation of card will help you remember
4. Distract yourself
 - a. Do something you enjoy



5. Avoid cramming

- a. Use consistent review
- b. Only puts it in short-term memory- forget by morning
- c. Increases tension

6. Visualize success

- a. Think **positive**
- b. Talk positively to yourself
- c. 3 x 5 card three reasons why you will be successful
- d. Write one idea on test paper

C. On test day:

1. Be prepared
 - a. Arrive early
 - b. Have all supplies
 - c. Don't talk about test
 - d. Perhaps do a final review if it helps, but not if it makes you nervous
 - e. Tell yourself you are ready
2. Sit where there are no distractions
 - a. Focus on the test
 - b. Ignore other students
 - a. Breathe deeply- sit up and stretch muscles
3. **Look over the entire test** carefully first
 - a. Survey questions
 - b. Start where you feel confident. Do the questions you know first. Then do the ones with the highest point value.
 - c. **READ the DIRECTIONS** carefully
4. Make notes
 - a. Jot down important dates or formulas you want to remember
 - b. Write out one reason for knowing you will be successful
 - c. Write in large letters- **READ CAREFULLY AND COMPLETELY**
 - d. Read directions and questions slowly and carefully. Underline.
5. Don't hesitate to ask questions
6. **Manage your time**
 - a. As you survey, calculate time for each section
 - b. Allow time for final review
 - c. Do not worry about others who finish sooner
 - d. Leave time to proofread. Do not be afraid to change answers.
7. Look for answers in other test questions
8. If you do not know the answer, mark the question and move on. Check the marked questions at the end.
9. If there is no penalty for guessing, **guess.**
10. Write **neatly**

