



Are You Prepared?

Preparing for a test often requires a lot more than a day or two of reviewing your notes. Find out what your test-preparation score is here.

1. I know when exams are scheduled and what they will cover.
 Never Sometimes Almost Always
2. I think of tests as opportunities to find out how well I know the material covered in the class.
 Never Sometimes Almost Always
3. I find out what I need to study and schedule time to review it over several days.
 Never Sometimes Almost Always
4. I complete reading and homework assignments on time so I can ensure I'm not rushing through them.
 Never Sometimes Almost Always
5. I predict exam questions using the headings and subheadings in my textbook and in my notes from class.
 Never Sometimes Almost Always
6. I review information systematically and chronologically, starting with what I learned first.
 Never Sometimes Almost Always
7. I make study guides, charts, flash cards, summary sheets and that kind of thing in order to organize information and show the relationships between ideas.
 Never Sometimes Almost Always
8. I review information by creating questions, closing my book or notebook, and answering the questions in my own words.
 Never Sometimes Almost Always
9. I get plenty of sleep and eat a good meal before my exams.
 Never Sometimes Almost Always
10. I review until I understand the material well enough that I could teach it to someone else.
 Never Sometimes Almost Always

Scoring: Give yourself 10 points for every "Almost Always" answer, 5 points for every "Sometimes": answer and 0 points for every "Never answer.

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| 100-80 | Your test preparation strategies are strong! |
| 75-70 | You usually prepare pretty well for your exams, but there are still some areas where you might improve. Look at the statements above where you answered "Never" or "Sometimes" and make those strategies a habit one at a time. |
| 65-0 | You might know what you need to do in order to prepare for a test, but you need to practice those strategies more often. Look at the ten statements above and set some goals for yourself to implement each strategy into your study routine. |