



How to Prepare for Tests

ACADEMIC PREP

- Study actively
- Teach others the material
- Review notes
- Re-read assignments
- Ask your professor/TA about the test
- Work out sample questions
- Self-quiz
- Fill out study guides
- Use memory strategies (e.g., concept maps)

MENTAL PREP

- Strike a balance between study and non-study time
- Sleep well, eat well, and exercise
- Discuss any concerns with your professor
- Get familiar with your test environment
- Get familiar with the type of test
- Use relaxation techniques (e.g., deep breathing and visualization)
- STAY POSITIVE!

TEST DAY PREP

- Arrive a little early
- Bring necessary materials
- Pre-read the exam
- Plan your time
- Be prepared for “moments”
- Objective tests:
 - *Answer easy questions FIRST
 - *Leave nothing blank
 - *Don't change your answer unless you have a good reason
 - *Look out for absolutes and qualifiers
- Subjective tests:
 - *Read each question and make a short list of what you know FIRST
 - *Outline your answers before writing
 - *Spend more time on questions worth more
 - *Make your points easy to find