Emergency Test Preparation

A structured approach to cramming
- Preview material to be covered
- Be selective: skim chapters for main points
- Concentrate on the main points
- Create a plan
- Take Breaks
- Get over the guilt
- Stay relaxed and focused!

Begin with 5 sheets of paper:
1. Identify 5 key concepts or topics that will be covered on the test, enter one at the top of each page, use only key words or short phrases

2. In your own words, write an explanation, definition, answer, etc of several lines or so for the key concept, do not use the text or your notes

3. Compare your response of (2) with the course source information (text and lecture notes)

4. Edit or re-write your understanding of each topic considering this course information

5. Sequence and number each page of your topics 1-5 in order of importance

6. Follow the above process for two additional concepts if you have time

7. Place them in 1-5 sequence and change number to 1-7

8. Follow the above process for one or two more concepts for a total of nine.

9. Try not to exceed nine concepts; focus on the most important

10. Review the day of the test, but try to relax just before