How to Prepare for Tests

Academic Prep
- Study actively
- Teach others the material
- Review Notes
- Re-read assignments
- Ask your professor or TA about the test
- Quiz yourself
- Fill out study guides
- Use memory strategies

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
- Stay positive

Test Day Prep
- Arrive a little early
- Bring necessary materials
- Pre-read the exam
- Plan your time
- **Objective tests**
  - Answer easy questions first
  - Don’t leave anything blank
  - Don’t change your answers unless you have 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

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