

## **PREPARE!!!**

### *1. Preparation begins with the first day of class.*

Know how many points the tests are worth in your overall grade.  
Stay caught up with assignments or test studying becomes overwhelming.

### *2. Know type of test so you can study that way*

Find out what type of test it is. If the teacher doesn't tell you, ask!

### *3. Read your textbook*

Duh! Study everyday. Researchers say 2 hours for every 1 hour in class is the norm for study time. So you've read your chapter, done the homework, OK, now review! You'll be amazed how much easier the tests will seem.

Organize your information. Remember the brain needs organization. Use notecards – questions or key term on the front, answer on the back. Arrange in a logical order and remove the card from the pack when you know the information.

### *4. Plan study time - Don't cram*

All-night cram sessions seldom pay off. You are tired the next day, so memory is affected and you're more stressed and anxious because you're tired.

Also, cramming may work for some of the test answers needed the next day, but those answers will fade as soon as the test is over. If the final is comprehensive, you'll have to do it all again!

Start to schedule time well before the test date. Use a calendar to schedule your time.

Study in blocks of time, not one long session.

Don't study sitting on your bed.

Take breaks. Chunk the information.

Watch the noise around you – TV, music – does it distract you or focus you?

### *5. Predict test questions*

One of the best techniques known to test-taking is predicting what you think the questions will be! Combine lecture, notes, and text into an overall picture.

Use the questions at the end of a chapter. If you can answer these, you're getting warm.

Use title, headings, and italicized or bolded print to formulate questions.

Make yourself practice tests.

### *6. Summarize chapter on 1 page of notes for last minute review.*

If you can summarize the key points, put those points in your own words, and have a review sheet, you'll activate memory.

### *7. Use study buddies or tutors*

Take the initiative. Form study groups. Your friends will thank you, and if you have to explain a point to someone else, you understand it better because you had to put it into words for someone else.

### *8. Sleep and eat*

Get plenty of rest the night before. Being tired during a test reduces memory. Eat breakfast.