 Test Prep Checklist

The statements below represent strategies for planning and prepping for tests. Place an “X” in each blank that describes you (and your approach) to mastering content and feeling confident!

\_\_\_\_\_ I utilized the following “engagement/study” formula:

* Science & Math courses - # credits of course x 3 = # hours per WEEK “outside of class”
* Non-Science & Math courses - # credits of course x 2 = # hours per WEEK “outside of class”

\_\_\_\_\_ I “attended” 100% of my classes – if online, I scheduled time as if “in class”

\_\_\_\_\_ I took good notes in class (and/or from power points, textbook, etc.)

\_\_\_\_\_ I read all the assigned chapters (and/or extra readings)

\_\_\_\_\_ I kept up-to-date on all homework assignments (whether graded or not)

\_\_\_\_\_ I maintained a positive “can do” attitude

\_\_\_\_\_\_\_ I asked questions if I didn’t understand a concept presented

\_\_\_\_\_ I participated in study groups and/or tutoring sessions

\_\_\_\_\_ I used all the applicable campus learning support resources available to me

\_\_\_\_\_ I developed a study schedule – frequent short blocks – and stuck to it

\_\_\_\_\_ I saved and reviewed all homework, study guides, quizzes, and tests

\_\_\_\_\_ I made and used study aids, ex. flash cards, outlines, and/or summary sheets

\_\_\_\_\_ I reviewed material in a random order to ensure I know concepts out of context

\_\_\_\_\_ I identified tough concepts for me and spent extra time on them

\_\_\_\_\_ I determined my past pattern of typical errors so I won’t repeat them

\_\_\_\_\_ I predicted potential test questions and answered them

\_\_\_\_\_ I replicated the “testing environment” when studying to the best of my ability

\_\_\_\_\_ I evaded my classmates’ “doom and gloom” talk about the test

\_\_\_\_\_ I got adequate sleep and avoided too much caffeine, alcohol, sugar, and nicotine

\_\_\_\_\_ I exercised regularly to reduce stress and improve my memory

\_\_\_\_\_ I chatted with instructor(s) about challenges or concerns relevant to my success

\_\_\_\_\_ I verified the format, content, and number of questions on my upcoming test