

Test Preparation

Test preparation starts with going to class and/or lab each and every time it meets **and** being actively engaged in learning during those times. (Just showing up isn't enough.)

LEARNING IS NOT A SPECTATOR SPORT!

Plan your schedule at least five to seven days in advance using a planner you carry with you.

Along with scheduling time for classes, work, family, etc you must also:

- Schedule time for homework.
- Schedule time for studying.
- Understand there is a difference between doing homework and studying!
- You must inform significant people in your life (family, friends, significant others, room mates, employers) of your schedule so they know about your availability or lack of availability.

Stick to your schedule!

Your study environment **DOES NOT** include your bed or in front of the television.

Your study environment must be conducive to studying.

- Study on a flat, hard surface in an upright, non-lounging type chair.
- Have all your study materials organized and at your study spot.
- Study for 45-55 minutes and then take a five minute break
- Study another 45-55 minutes and then take a ten minute break.
- Study another 30-45 minutes and then do something other than studying for a couple of hours.

CRAMMING IS COUNTERPRODUCTIVE TO EFFECTIVE LEARNING & TEST TAKING!

Your study techniques must be conducive to learning.

- Begin the test preparation process by reviewing (all) your class notes **every day**, whether you had the class or not.
- Make sure your notes make sense and that you understand the content. If you do not understand a concept, ask the teacher for clarification the next time the class meets.
- Mark up your text books and notes with highlighting, comments/notations, etc.
- Use a variety of study methods-silent reading and re-reading is not the most effective study method for most people: make and use flash cards, recite out loud, form a study group, write yourself practice tests, etc.
- If you do not understand a concept, you will not be able to remember it. Ask for clarification from your teacher or a tutor in the Learning Center.

The day of the test it's important to be well rested, well nourished and well hydrated.