

Get to Know the Test

Class:

Test Goal: A B C

Test Date:

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What is the format of the test?

- Multiple Choice
- Fill in the blank
- True/False
- Essay
- Other:

Check out these test taking tips!

- Multiple Choice Test-Taking Strategies: https://youtu.be/a9R0d_57g0c
- Multiple Choice Study Tips: <https://youtu.be/sd9L9dlnmR4>
- Essay Test Test-Taking Strategies: <https://youtu.be/BRzCpq8T9HU>
- Essay Test Study Tips: <https://youtu.be/IAB0LEiQHqk>

What materials do you have to prepare for the test?

- | | |
|--|--|
| <input type="checkbox"/> Textbook/E-book | <input type="checkbox"/> Flashcards |
| <input type="checkbox"/> Lecture Videos | <input type="checkbox"/> Study Guide |
| <input type="checkbox"/> Online Videos | <input type="checkbox"/> Tutor Help |
| <input type="checkbox"/> PowerPoints | <input type="checkbox"/> Practice Test |
| <input type="checkbox"/> Lecture Notes | <input type="checkbox"/> Other: |

What is your motivation for success?

What distractions are in your way?

Creating a Study Schedule

I plan to...

- Complete a study guide
- Create your own "cheat sheet"
- Take a practice test or quiz yourself
- Create a study group
- Rewrite your notes in a new format
- Create flashcards and use spaced repetition
- Organize material in Easy/Moderate/Hard study outline
- Other:

Planning Your Study Time

- Before Class:** Read material ahead of time.
- During Class:** Take notes and write down questions you have about the material.
- After Class:** Read over your notes the same day after class for 10 minutes. Attend office hours or work with a Learning Commons tutor to ask questions.
- 1 Week Before the Test:** Select your study plan (above). Study is more than just reading over your notes!
- 4-6 Days Before the Test:** Work with a Learning Commons tutor or visit your professor's office hours to ask final questions.
- 2-3 Days Before the Test:** Continue studying for at least 30-60 minutes each day. Do not plan for a marathon study session or all-nighter.
- Night Before the Test:** Study, ask final questions, and get a good night of rest. Do not cram

Managing Your Study Time

- Chop It Up and the Fifteen Minute Rule**
 - Break the work into manageable pieces. Set a timer for 15 minutes and work without disruption. After 15 minutes take a short break and resume for another 15 minutes.
- Pomodoro Method:** <https://www.marinaratimer.com/>
 - 25 minutes of studying / 10-minute break / 25 minutes of studying / 10-minute break / 25 minutes of studying / 1-hour break (*done*)
- Rewards**
 - Reward yourself with breaks or fun activities/interests/hobbies after putting in a successful study session.
- Take Breaks**
 - Breaks are important for keeping study momentum. For every hour of study time, make sure to take a 10-15-minute break. For every three hours of study time, take an **extended** (hour+ long) break.