

EXAM PREPARATION STRATEGIES SELF-INVENTORY

1. Do I have and use a study schedule specifically made for tests? _____
2. Do I know what material will be on the test or quiz? _____
3. Do I ask instructors questions during or outside of class for clarification?
Yes _____ No _____ Depends on the instructor _____
4. Do I work with a tutor to help me prepare for an exam? _____
5. How do I figure out what to do to learn the material? _____

6. Do I study with classmates, even if only by phone or email? Yes _____ No _____
7. Do I prioritize test material, especially if I am behind in my work? _____

(Please choose all items that are true for you.)

8. Which textbook aids do I use throughout the semester?
_____ boldface terms
_____ introductions
_____ vocabulary lists
_____ chapter review questions
_____ charts, maps, diagrams, etc.
_____ glossary
_____ summaries
9. How do I usually prepare for exams?
_____ make a study schedule
_____ predict what will be on the test/quiz
_____ write summaries of material
_____ review lecture/textbook notes
_____ review texts
_____ make notes and outlines that integrate lecture and text material
_____ make charts, diagrams lists, etc.
_____ use flash cards
_____ construct and answer study questions
_____ answer instructor's review questions
_____ use my old tests and quizzes
_____ use old exams from the course
Other _____
10. How do I manage pre-exam anxiety?
_____ stay up studying the night before
_____ cram until the test begins
_____ get a good night's sleep
_____ pace my workload
_____ practice deep breathing exercises a few minutes before the exam
Other _____