

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 ____ Depends on the subject ____
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 _____