

What to Do Before the Test

Tips for Test Prep!

If you would like to make an appointment with a tutor for assistance, you can do so [HERE!](#)

📅 When and How to Review Course Materials:

- **Daily Reviews**
 - Quickly review your notes before and after class
 - The goal is to help convert information from your long term to your short-term memory

- **Weekly Reviews**
 - Spend about 1 hour studying per subject by making review tools, and revisiting reading assignments, and answering practice questions
 - The goal is to not wait until the week of a major test to begin this kind of structured studying

- **Major Reviews**
 - These review sessions are longer and should happen within the week or two before finals and other major exams
 - Major reviews should span two to five hours with sufficient and relatively frequent breaks to stay attentive (*Tip: Study for 25 minutes, break for 5 minutes, and repeat!*)
 - The goal is to utilize your review tools and class notes to eventually be able to recall important information without any tools or notes

📅 Creating Different Review Tools

- **Study Checklists**
 - Determine all of the subjects or concepts that you need to review for the test, and list them!
 - When you fully understand a subject or concept (when you can remember it without notes), check it off the list
 - Once you have checked them off, move onto the next subject or concept and only revisit them when most of the items on your list have been checked off

- **Outlines, Mind Maps, Concept Maps, Cornell Notes, etc.**
 - These tools will help you manage all of the information you are responsible for in a way that matches your learning style. Use these tools as visual queues and incorporate connections between ideas and critical thinking.
 - Visit Student Resource Page to learn how to create these study tools

Modified from:
Becoming a Master Student 8th Edition, Dave Ellis.

- **Flash Cards**

- Incorporate these into your daily and weekly reviews; they are great for material that needs to be memorized, like vocabulary, formulas, and dates.

- **Plan a Strategy.**

- **Ask the instructor what to expect.**

- Most instructors will answer question about the kind of test you'll be taking, some even give detailed study guides - don't be afraid to ask!
- Take time to think about (and ask your professors) what type of questions you'll have to answer.
 - You'll want to adapt your study methods differently for a test that will call mostly for memorization than for one that will require application and analysis.

- **Do a dry run.**

- Practice the tasks you'll actually have to do!
 - If you need to label a diagram of the brain or write an essay comparing two characters, then study by doing those things
 - For multiple choice and true/false based tests, create practice questions and compile them into the same format of the test you'll be taking
- After studying, attempt to take your mock exam with your books closed

Manage Your Stress!!

- **Take study breaks.**

- The human attention span does not lend itself well to studying for hours on end. So plan to take breaks and take them often.
- A break should be no longer than 10 minutes, but should be long enough so that you are attentive when you return to studying.
- Plan your breaks every 20 to 30 minutes, depending on your attention span, and stick to your schedule. It might feel like you are wasting time, but you will remember more information when your brain stays fresh!

- **Relax**

- Don't let stress overwhelm you!
 - Try breathing exercises, take a walk, call a friend or family member, or get coffee
- Do what it takes to put you at ease and get you ready and focused on exam preparation
- Stay positive! Thinking you will do poorly can negatively affect your results
 - Don't get caught up in imagining worst case scenarios or dwelling on past bad grades
 - You have the choice to create the results you want, so begin by believing that you deserve what you want and are capable of attaining it!

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