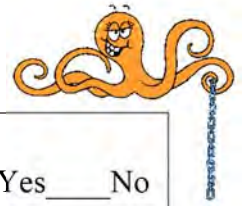


Test Preparation Checklist

Answer “Yes” only if you *usually* do these things:



1. Did you get a reasonable night's sleep before the test? (If your answer is “No,” then your answers to the rest of the questions may not matter.)	___ Yes ___ No
2. Did you review your notes from class not long after you took them? Did you use active recall during your review to see if you could easily pull to mind the key ideas?	___ Yes ___ No
3. Did you study a little bit on most days instead of waiting until the last minute and cramming right before the test?	___ Yes ___ No
4. Did you focus carefully during your study sessions, doing your best to avoid distractions except when you were taking a break?	___ Yes ___ No
5. Did you study in different locations ?	___ Yes ___ No
6. Did you read your textbook or class worksheets carefully? (Just fishing around for the answer to what you're working on doesn't count.) While you were reading, did you avoid too much underlining and highlighting your textbook? Did you make brief notes about the book's key ideas and then look away to see if you could recall them?	___ Yes ___ No
7. If your studies involved working problems, did you actively work and rework key examples by yourself , so you turned them into brain-chains and could rapidly call the solution to mind?	___ Yes ___ No
8. Did you discuss homework problems with classmates, or at least check your solutions with others?	___ Yes ___ No
9. Did you actively work every homework problem yourself?	___ Yes ___ No
10. Did you talk to your teachers, or to other students who could help, when you were having trouble with your understanding?	___ Yes ___ No
11. Did you spend most of your study time focusing on the material you found harder? That is, did you do deliberate practice ?	___ Yes ___ No
12. Did you interleave your studies? In other words, did you practice <i>when</i> to use different techniques?	___ Yes ___ No
13. Did you explain key ideas to yourself, and perhaps to others, using funny metaphors and images ?	___ Yes ___ No
14. Did you take occasional breaks from your studies that included some physical activity ?	___ Yes ___ No
TOTAL:	___ Yes ___ No

The more “Yes” responses you recorded, the better your preparation for the test. If you recorded three or more “No” responses, think seriously about making some changes in how you prepare for the next test.