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 _______________________________

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