

# Test Preparation Tips

## ***Prepare your content:***

### **Create a study plan**

- Create a study plan that spreads out your study.
- Starting early will eliminate the need for cramming.

### **Create flash cards/review sheet**

- Take the most important information and use it to make your own review sheets and flash cards.
- Highlight all key words and phrases.

### **Explain it to a mirror or friend**

- You really know something if you can explain it in your own words.
- Stand in front of a mirror, or sit with a friend and teach yourself or your friend what you need to know.

### **Adjust your studying for the test accordingly**

- **True or false, and multiple choice test:** know facts and detailed information.
- **Essay tests:** know main ideas and key facts.
- **Open book tests:** create bookmarks (sticky notes) in order to find information quickly.

### **Review on a daily basis**

- When you review, you move information from your short-term memory into your long-term memory.
- Reviewing is a huge contributor to success and actual learning the information.

## ***Prepare your yourself:***

- Get rest**
  - The night before a test, get 8 hours of sleep.
- Remember important items**
  - If there is something you want to remember, think about it right before you go to sleep.
- Get nutrition**
  - Get up early enough to eat breakfast and not be rushed.
  - Have a nutrition bar handy during the test to re-power your brain.
- Think positive**
  - Close your eyes and imagine yourself taking the test, answering all the questions correctly, and getting the grade you want.
- Be prepared**
  - Get to class early and bring everything you need.
  - Walk into the classroom with your head up and your shoulders back.
  - Dress for success!
- Stay relaxed**
  - If you are feeling anxious, take several slow deep breaths.
  - Relax, and do your best.