

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 _____