

Test Preparation

Five days before the test: Organize

Organize and review your class notes and text notes *carefully*. Prepare a list of all topics that will be on the exam. List them in order of importance so you can *focus your attention accordingly*.

Four days before: Review and Recall

Review your notes *thoroughly*, but don't just look at them. Explain them to yourself. Don't mistake familiarity for *comprehension*. Concentrate on the topics that are more difficult for you to understand. *Visualize* the material as a pathway back to the big ideas.

Three days before: Rewrite

Briefly rewrite all of the important information. Review these notes *repeatedly*. Trying to *recall* your own explanations is an effective method to review what the text and your professors have said.

Two days before: Question

Make a list of questions that might be on the exam and answer them in *as much detail as possible*.

One day before: Prepare

Review your notes and rewritten notes a few hours before the exam. Take time to *relax* before the exam. If you are afraid you will forget information or blank-out, when you receive the exam, write reminders on the back that you can come back to during the exam.

