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Test-Taking Review
Please rate your test-taking strategies. ( $\mathbf{1}=$ lowest; $\mathbf{5 = h i g h e s t}$ )
Rating: $\begin{array}{lllll}1 & 2 & 3 & 4 & 5\end{array}$
Test Preparation: Mental, Physical, Emotional

| Adequate amount of sleep | O | O | O | O | O |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Proper nutrition | O | O | O | O | O |
| Good exercise patterns | O | O | O | O | O |
| Low stress level | O | O | O | O | O |
| Good health | O | O | O | O | O |

Test Preparation: Study Strategies

| Completed assigned readings | O | O | O | O | O |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Had complete notes | O | O | O | O | O |
| Knew what test would cover | O | O | O | O | O |
| Clarified questionable material | O | O | O | O | O |
| Planned study time | O | O | O | O | O |
| Reviewed all material | O | O | O | O | O |
| Paced review | O | O | O | O | O |

## Test -Taking Strategies

Arrived on time
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
Sat in usual place
Previewed test
O $\quad$ O $\quad$ O $\quad$ O $\quad$ O
Planned time
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
Used mnemonic devices
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
O $\quad \mathrm{O} \quad \mathrm{O} \quad \mathrm{O} \quad \mathrm{O}$
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
Noted key words in questions
O $\quad$ O $\quad$ O $\quad$ O $\quad$ O
Understood questions
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
Answered what was asked
Included all important information
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
$\begin{array}{lllll}\mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O} & \mathrm{O}\end{array}$
Stayed calm

| O | O | O | O | O |
| :--- | :--- | :--- | :--- | :--- |

## Post-Test Strategies

Reviewed returned test

| O | O | O | O | O |
| :--- | :--- | :--- | :--- | :--- |
| O | O | O | O | O |
| O | O | O | O | O |
| O | O | O | O | O |

TOTAL:

Score: $\qquad$
(Poor: 27-54; Fair: 55-81; Good: 82-108; Excellent: 109-135)

