

# Test preparation Checklist

1. Did you get a reasonable night's sleep before the test? (If your answer is "No," then your answers to the rest of the questions may not matter.) \_\_\_\_ **Yes** \_\_\_\_ **No**
2. Did you study a little bit on most days instead of waiting until the last minute and cramming right before the test? \_\_\_\_ **Yes** \_\_\_\_ **No**
3. Did you focus carefully during your study sessions, doing your best to avoid distractions except when you were taking a break? \_\_\_\_ **Yes** \_\_\_\_ **No**
4. Did you study in different locations? \_\_\_\_ **Yes** \_\_\_\_ **No**
5. Did you read your class notes carefully? (Just fishing around for the answer to what you're working on doesn't count.) While you were reading, did you avoid too much underlining and highlighting your textbook? Did you make brief notes about the key ideas and then look away to see if you could recall them? \_\_\_\_ **Yes** \_\_\_\_ **No**
6. If your studies involved working through problems, did you actively redo key examples from your notes/practice and work on completing new problems? \_\_\_\_ **Yes** \_\_\_\_ **No**
7. Did you redo every classwork/homework problem yourself? \_\_\_\_ **Yes** \_\_\_\_ **No**
8. Did you talk to your teachers, or to other students who could help, when you were having trouble with your understanding? \_\_\_\_ **Yes** \_\_\_\_ **No**
9. Did you spend most of your study time focusing on the material you found harder? That is, did you do deliberate practice? \_\_\_\_ **Yes** \_\_\_\_ **No**
10. Did you interleave your studies? In other words, did you practice when to use different techniques depending on what the question is asking? \_\_\_\_ **Yes** \_\_\_\_ **No**
11. Did you explain key ideas to yourself, and perhaps to others, using funny metaphors and images? \_\_\_\_ **Yes** \_\_\_\_ **No**
12. Did you take occasional breaks from your studies that included some physical activity? \_\_\_\_ **Yes** \_\_\_\_ **No**
13. Did you take occasional breaks from your studies that included some physical activity? \_\_\_\_ **Yes** \_\_\_\_ **No**
14. Did you understand ALL of your homework problem solutions after they were reviewed in class/graded? If not, did you make an attempt to ask your peers or teacher for clarification? \_\_\_\_ **Yes** \_\_\_\_ **No**
15. Did you ask your peers or teacher for explanations of homework problem solutions that weren't clear to you? \_\_\_\_ **Yes** \_\_\_\_ **No**
16. Did you create a review sheet/study guide before the test? \_\_\_\_ **Yes** \_\_\_\_ **No**
17. Did you go over the study guide and problems with classmates and quiz one another? \_\_\_\_ **Yes** \_\_\_\_ **No**
18. If there was a review session before the test, did you attend it and ask questions about anything you weren't sure about? \_\_\_\_ **Yes** \_\_\_\_ **No**

**TOTAL:** \_\_\_\_ **Yes** \_\_\_\_ **No**

The more "Yes" responses you recorded, the better your preparation for the test. If you recorded three or more "No" responses, think seriously about making some changes in how you prepare for the next test.