



COLLEGE TEST PREP

- **Keep up with your reading assignments**, so that studying before a test will mean reviewing familiar material. Frantic last-minute cramming of new material results in faulty understanding, poor recall, and low exam grades.
- Complete long-term papers/projects well **in advance of scheduled exams**, so your time will be free for intensive reviewing.
- **Ask the professor** what will be covered on an exam: which chapters, lab experiments, lectures, outside readings, etc. Ask questions about confusing material (during class discussions, a professor's office hours, or after class with a classmate or tutor). You can't remember what you don't understand!
- **Plan the time you will spend preparing for the exam**; to minimize mental and physical fatigue, plan a 5 or 10 minute break each hour.
- To avoid re-reading text assignments, **prepare them for review as you read** by underlining/highlighting key words and phrases, or taking notes on major ideas.
- Keep, correct, and review all returned quizzes, tests, and papers. **See the professor if you are unsure of correct answers to questions you missed.**
- **Study the professor's test technique** to know what kind of objective questions he or she favors and what sort of essay answer is expected.
- **Concentrate** on recalling specific details (who, where, when) to prepare for an objective test; focus on broad concepts for an essay exam.
- **Reorganize your material to effectively re-process and reinforce.** This may require re-writing, which can be an excellent memory aid. For example, if your history notes are arranged chronologically, rearrange them by cause/effect, problem/solution, or biographically. Rearrange math notes by terminology, general principles, definitions, or kinds of examples given.
- **Change your point of view** for deeper understanding and better recall. If you have memorized facts, look now at the application of the facts.
- **Review likely test questions** with others in study groups after all have studied independently FIRST. Test each other, then correct and perfect answers using textbook and lecture notes.
- For problem solving tests, **review by memorizing formulas and equations** you will need and then working numerous examples of each kind of problem likely to appear on the test. Study groups are particularly useful; check each other's work to clarify your own understanding of the process used.
- You'll be able to recall more and think more logically if you **get enough sleep the night before the test.** All-night cramming can backfire by causing your overtired body and mind to "go blank" during the exam. Research shows a **MINIMUM OF FOUR HOURS SLEEP PLUS A PROTEIN MEAL** produce best results.