

Preparing for Tests

Many students seem to suffer great anxiety when they write tests or examinations. If you have studied methodically throughout the term, as we suggest, there is much greater chance that you will approach a test calmly, confidently and more important, with success.

Let's look at a step by step process:

1. Memorizing does not take the place of understanding. Start reviewing your work about one week before the test.
2. Begin with a notebook review. Your notes should represent a summary of all work taken since the last test. Think about each point in your notes. Connect the points in a logical sequence.
3. If you don't understand something, check with you text, teacher or friends.
4. Last minute cramming is usually too late.
5. Study sessions with friends can be helpful as long as they remain study sessions. Just sitting around talking is a waste of time and effort.
6. Have a quick review the morning before the test to catch any missed details.
7. By now, you should be more confident that you are ready.