



Prewrite: Test Preparation Skills - Self-Evaluation

To what extent do you:	Almost Always	Often	Sometimes	Seldom	Almost Never
Keep up with textbook reading	4	3	2	1	0
Schedule test prep time on your weekly assignment calendar	4	3	2	1	0
Prepare for tests in a regular study place	4	3	2	1	0
Strive to understand and manage stress	4	3	2	1	0
Choose carefully with whom you study	4	3	2	1	0
Distribute your study time before an exam	4	3	2	1	0
Eat and sleep properly the night before an exam	4	3	2	1	0
Listen attentively and objectively to the instructor	4	3	2	1	0
Ask the teacher about the type of test to be given	4	3	2	1	0
Review your notes the day you wrote them	4	3	2	1	0
Outline the chapters and/or answer the chapter questions	4	3	2	1	0
View tests as learning opportunities, not aversions	4	3	2	1	0

Compute your score by adding up your responses and comparing your result to the following scale:

- 42 - 48 = A Excellent! You have mastered key learning skills that help you prepare for exams.
30 - 41 = B Good work. You have developed many good skills. Keep it up!
18 - 29 = C Average. You have developed some important skills, but there is more that you can do.
0 - 17 = D Below average. You need a major review of study skills.