

## Recommendations for Better Test Results

**Check the items that apply to you or that you believe could help you. Before a test, reread these to remind yourself how to attack the test!!!**

<input type="checkbox"/>	If you tend to make careless errors, misread, misinterpret, or overanalyze test questions, you should take your time when you read the question, read it more than once, and ask yourself what it is asking of you. When in doubt, ask for teacher clarification.
<input type="checkbox"/>	If you tend to leave answers blank, you need to double check your test when complete to make sure there is an answer for every question. <u>Use the test</u> to make an educated guess.
<input type="checkbox"/>	If you tend to go “blank” when you try to think of the answer OR did not think THAT question would be on the test, or THOUGHT you knew the answer, or didn’t know the answer at all, you may want to figure out whether or not you studied <u>effectively</u> . See more recommendations for how to study effectively below.
<input type="checkbox"/>	If you tend to not follow directions and because of that miss vital points, make sure you read the directions more than once each time. Until you stop making this mistake, you may want to double check your understanding of the directions with the teacher.
<input type="checkbox"/>	If you tend to miss vocabulary questions or <b>details type questions</b> , you may want to put these items on flashcards to quiz yourself.
<input type="checkbox"/>	If you tend to not understand questions that <b>deal with concepts</b> , you may want to ask yourself “WHY?” when you are learning new information. Why is this important? What impact did it have? Why am I learning it now? You may also want to ask the teacher more questions in class regarding these questions. Highlight the conceptual questions in your notes or on handouts so they stand out to you.

## Study and other Strategies for Better Test Results

<input type="checkbox"/>	When you take notes in class, take them in a 2-column format. <i>(Draw a line down the page, write concepts &amp; terms on left, notes on right, and do not write on the back! Fold over the notes to quiz self.)</i>
<input type="checkbox"/>	Study additional days ahead of the test (compared to what you have typically done) for repetition.
<input type="checkbox"/>	Study additional TOTAL hours (compared to what you have typically done).
<input type="checkbox"/>	Make flashcards DAILY right from the start of a new chapter. Ask yourself what the most important facts and concepts were from that day. That way you have a whole stack of flashcards developing as you go.
<input type="checkbox"/>	Review all the flashcards you have made or your notes from the start of the chapter up to the present DAILY.
<input type="checkbox"/>	Recite the questions out loud as you quiz yourself. The more of your 5 senses you involve in studying, the more you will remember.
<input type="checkbox"/>	Rewrite info from study guides onto flashcards. The act of moving your hand to write it out will help you remember more. The more of your 5 senses you involve in studying, the more you will remember!
<input type="checkbox"/>	Have a buddy, parent, sibling quiz you.
<input type="checkbox"/>	Record questions onto a voice recorder with the answers to quiz yourself, listen to on your headphones or in the car later. The more of your 5 senses you involve in studying, the more you will remember!
<input type="checkbox"/>	Color-code your flashcards, notes, and study guides. <i>For example, important people in blue, important causes and effects in orange, important places in yellow, terms &amp; vocab in green, important events in purple, etc.</i> Your mind may recall information faster when attached to a color! This works for many students!
<input type="checkbox"/>	Study in small time increments (10 minutes)! Studying for more than 10 minutes at a time actually hurts your memory. Take a SHORT mental break (check out what’s in the fridge, play with your pet, do a lap around your house, etc.) after 10 minutes, then return for another 10. Repeat over and over.
<input type="checkbox"/>	Get a good night’s sleep. Then eat breakfast on test day. Even if it is just a piece of fruit.
<input type="checkbox"/>	If you have test anxiety right before the test, breathe deeply. Visualize yourself doing well on the test. Do not say statements in your head like, “Here I go again. Hope I don’t mess up.” Negative thoughts tend to produce negative results. Stay positive! Tell yourself (if it’s true) that you DID put in the time & you ARE prepared.