

Improving My Test Performance

Name: _____ Date: _____ Test title: _____ Test Grade: _____

Please answer each question with appropriate and honest response.

Was I clear on what would be covered on the test? YES NO

Did I employ any study skills in preparation for the test? Which ones?

YES

NO

	YES	NO
Did I take notes on the reading?		
Did I identify key words by circling, highlighting or underlining them in my notes?		
Did my notes include clear, applicable examples?		
Did I rewrite/clarify my notes after we go over them in class to make sure I understand key concepts?		
Did I do any of the on-line test-prep activities?		
Did I attend or organize a study group?		
Did I talk to the teacher about concepts I still struggled with?		

Did I use good time management in preparing for this test?

YES

NO

	YES	NO
Did I read and take notes by the day they were due for class?		
Did I create or use flashcards for the keys vocabulary?		
Did I bring to class questions about unclear material? Did I ask a classmate? The teacher?		
Did I study in one mass practice only reviewing the night before? If so, for how long?		
Did I spread out my study sessions over a few days leading up the test rather than only reviewing the night before? If so, how many days did you actually study?		

How long did I actually study? (excluding time spent taking notes) _____ hours _____ minutes

Did I employ the prescribed test strategies?

YES

NO

	YES	NO
Did I ask myself what the question was asking in my own words?		
Did I eliminate wrong responses? (thinking why they were incorrect)		
Did I go back and change answers to the wrong responses? (never change unless you're certain)		
Did I make mistakes in reading the question or responses? (speed issue)		
Did I know all of the vocabulary and or key concepts used in the test?		
Did I spread out my study sessions over a few days leading up the test rather than only reviewing the night before?		

In taking the test, did I...

YES

NO

	YES	NO
Experience a high level of test anxiety?		
Use deep breathing to curb the anxiety? or any other stress-reducing techniques?		
Give up when I saw I wasn't going to do well?		
Let personal problems or concerns distract me during the test?		
Let other people or outside noises distract me during the test?		

Was my poor test performance a matter of... (check all that apply)

low motivation and effort? _____
 poor understanding? _____
 poor time-management? _____
 poor study and test skills? _____
 Other (please explain below): _____

See Back of Sheet for More Questions.

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Describe in detail the method you used to prepare for this test:

Find some fellow students you know perform well on our tests. After discussion with your peers. What are some study methods you heard about that you think could benefit you in the future?

What changes are you going to make in an effort to improve your future test performance?
List three.