

# TEST-TAKING SELF-ASSESSMENT

1. How did you feel when the teacher said that you were going to take a quiz?
2. Why did you feel this way?
3. How far in advance do you usually begin studying for a test?
4. Name three study tools that help you prepare for a test.

# GAME SHOW

- 1. What kind of study sheet helps you to compile notes, such as names and dates?**  
A key terms sheet
- 2. How far in advance should you begin to study for a test?**  
Five to seven days
- 3. Complete the sentence: It can help your attitude to think of a test as \_\_\_\_\_.**  
An opportunity to show what you know
- 4. Why does a pop quiz often cause more anxiety than a quiz announced beforehand?**  
Because you don't have an opportunity to prepare
- 5. Name two effective study practices.**  
Any two of the following: taking good notes in class, staying organized, making note cards or flash cards, compiling notes into a key terms sheet or a general themes sheet, mnemonic devices, studying in groups, scheduling study time, reviewing notes after class, or finding a quiet place
- 6. True or false: You should spend as many hours as possible studying the night before a major test.**  
False—you should relax and get a good night's sleep
- 7. What kinds of people should you avoid on the day of an exam?**  
People who make you nervous
- 8. Name two advantages of studying in groups.**  
Any two of the following: lets students learn from one another, in-depth discussions, steady studying schedule, moral support, makes studying more fun, teaching others increases your own retention of facts
- 9. Name two disadvantages of studying in groups.**  
Any two of the following: lost time if friends are not prepared, lost time going over things you already know well, panicky students spread test anxiety, groups use time less efficiently
- 10. Name two things you should do the morning of a test.**  
Any two of the following: eat a good breakfast, dress comfortably, bring a watch, arrive early, make sure you have all the materials you need
- 11. True or false: You should eat a very big breakfast the day of an exam.**  
False—you should eat a healthy breakfast, but not more than you usually eat
- 12. Name two important strategies to use during a test.**  
Any two of the following: look over the entire test before you begin, budget time (based on point values), read directions carefully, read each question carefully, watch the time and pace yourself, circle difficult questions and come back to them
- 13. Name one anxiety-reducing strategy.**  
Any of the following: be well prepared, take deep breaths, think of a peaceful place