Inventory of Test-taking Skills

In PREPARATION for the unit test, did you...	Yes	No
...maintain a positive attitude?	_____	_____
...make a study schedule?	_____	_____
...know the exam's format (e.g. multiple choice, essay)?	_____	_____
...use both your notes and text, separately and together?	_____	_____
...make a study guide?	_____	_____
...predict test questions?	_____	_____
...practice recall of information?	_____	_____
...(if math) practice as many problems as possible and/or take an old test?	_____	_____
...attend the class period immediately preceding the test?	_____	_____
...get a good night's rest and eat well-balanced meals?	_____	_____
...plan a final review the day of the exam?	_____	_____

DURING for the test period, did you...		
...survey the entire test and start with the easiest questions?	_____	_____
...read the directions carefully?	_____	_____
...recall the correct answer after carefully reading the stem of a multiple choice question?	_____	_____
...outline the answer to an essay question?	_____	_____
...review the entire test before turning it in?	_____	_____

AFTER for the test, did you...		
...reward yourself?	_____	_____
...note the kinds of questions you missed?	_____	_____

Now analyze your answers to the above questions. To which questions did you respond with "no?" How can you improve your performance in that area?