

PREPARING FOR EXAMS: SELF-ASSESSMENT

YES

NO

1. Do you usually 'know' how well you did when you complete an exam?
2. Do you make up self-tests as a way of studying for exams?
3. Do you space your study time over a period of several days or weeks?
4. Do you study by yourself and with a group for very difficult exams?
5. Do you review your lecture notes and text material together by topic?
6. Do you review by reciting out loud?
7. Do you make up study sheets and/or note cards?
8. Do you write out essays before the test if the teacher gives the questions?
9. Do you predict possible essay questions before an exam?
10. Do you use memory techniques to help you remember the main points?
11. Do you review your exams after they are graded to find out what you did correctly and where you need to improve?
12. Do you complete your reading and assignments well before the exam so you have time for review and study?
13. Do you often stay up late the night before an exam to study?
14. Do you usually reduce the number of hours you work or other responsibilities before final exams?