EXAM PREP SELF-ASSESSMENT

Think about your exam prep strategies and answer yes or no to the following questions:

1. Do you begin planning and studying for exams from the first week of the semester?  
   Yes  No

2. Do you review all reading and lecture notes on a daily and weekly basis?  
   Yes  No

3. Do you analyze homework, quizzes, and exams throughout the semester for pattern and error?  
   Yes  No

4. Do you obtain copies of previous semesters’ exams to use as study guides?  
   Yes  No

5. Do you get normal amounts of food, sleep, and exercise before exams to help reduce stress?  
   Yes  No

6. Do you identify possible exam questions while reading and taking notes?  
   Yes  No

7. Do you study with a partner or a group?  
   Yes  No

8. Do you review material with a group or partner once you have learned it?  
   Yes  No

9. Do you use your instructors’ office hours to ask questions about material you don’t understand?  
   Yes  No

10. Do you develop a time budget strategy before each exam to ensure that you complete the exam?  
    Yes  No

11. Do you make a calendar or schedule of what, how, and when you need to review for each course?  
    Yes  No

12. Do you use study strategies appropriate to type of exam (e.g., flashcards to memorize for recall tests)?  
    Yes  No

13. Do you use small portions of time for review or dedicate large blocks of time for study?  
    Yes  No

14. Do you attend all classes?  
    Yes  No

15. Do you use effective note-taking strategies?  
    Yes  No
16. Do you learn course material in-depth enough that you could explain it to one of your classmates?  

Yes  No

SCORE IT:

1 point for each “yes” and 0 points for each “no”

Score:___________

13 points or more: It sounds like you are on your way to a successful semester! Review areas in which you answered “no” and try to integrate these into your study strategies.

Between 8-12 points: Check out the handouts provided on our website about exam prep strategies.

Below 7 points: You might benefit from dropping in with a peer mentor or making an appointment with a Learning Specialist to discuss this topic.