

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 and/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. memorize flashcards for recall tests	Yes	No
13. Do you use small portions of time for review and/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 a classmate?	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 meeting with an academic coach! Visit https://thinktank.arizona.edu/academic-coaching/appointments to learn more.
---	--	--