

# EXAM PREP SELF-ASSESSMENT

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

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| 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.