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 dropping in with a peer mentor (Academic Skills Tutor – AST) or making an appointment with a Learning Specialist to discuss this topic. |

For instructions on how to sign up to meet with an AST or Learning Specialist, please send THINK TANK an email at thinktank@email.arizona.edu or call the front desk at 520-626-0530.