



Test Preparation Checklist	Yes	No
✓ Do I know the format of the test and what material it will be covering?		
✓ Have I made a plan for what and how I will study before the test? (Link to 5 day study plan)		
✓ Have I made my study materials visual?		
✓ Do I test myself on the material?		
✓ Have I tried to teach others the concepts that will be on the test?		
✓ Do I focus on the things I don't know very well?		
✓ Have I used a study group to go over the study guides for the test?		
✓ Do I know and use memory techniques to help me remember things for the test? (Link to mnemonics)		
✓ Have I looked at past tests to see if there are patterns I can improve with the next test? (Link to Test Analysis)		
✓ I have committed to not cram and get a good sleep the night before the test.		

If you have marked “no” to any of these, that is a good place to start making a positive change. What is one thing you want to focus on to be “Test Prep Ready”?

Take the Test Checklist	Yes	No
✓ Have I taken some deep breaths to calm down and get mindful?		
✓ Did I give myself a pep talk? I've got this!		
✓ Do I have all the materials I need to take this test? (paper, notes, pencil, calculator, etc.)		
✓ Do I have paper that I can write down the things I'm worried about forgetting at the beginning of the test?		
✓ Did I read the directions so that I understand what to do?		
✓ Have I figured out how long I have for each question?		
✓ Have I skipped the questions I got stuck on to come back to?		
✓ Can I eliminate any choices that I know are not right?		
✓ Have I looked for clues in other questions that help me remember answers to other questions?		
✓ Have I answered ALL of the questions?		
✓ If I'm tempted to change my answer, can I explain why I am changing it?		
✓ Have I reviewed all of my answers before turning in my test?		

If you have marked “no” to any of these, that is a good place to start making a positive change. What is one thing you want to focus on to “Take the Test”?
