

THE FIVE-DAY TEST PREP PROGRAM

- 5 DAYS** before a test, look over all the material to be covered, and get organized: class notes, handouts, quizzes, textbook
- **Identify** the difficult concepts that you found challenging.
 - **Section off** the remaining material into organized, easy-to-handle amounts.
 - **Decide** which study tools you can create to organize and improve your review.
__ flash cards __ summary sheets __ time lines __ mind maps (visual outlines)
__ formal outlines __ mnemonic devices XX Review Sheet given by the professor
NOTE: color-code ideas to improve recall
 - **Choose** which study strategies you can use for improved concentration, comprehension, and recall.
__ work end of chapter or study guide questions __ self-test on all lecture notes
__ rework homework and quiz questions __ memorize in short, intense daily reviews
__ attend a review session __ predict & answer possible test questions
__ use all senses to memorize; in each review, see it, say it, hear it, write it
__ at the end of a page in text or notes, formulate test questions, answer aloud
__ recite aloud: read a paragraph or page, then look away and explain concepts aloud
__ take turns with a study partner to test each other on flash cards, etc.
 - **Write out a 5 Day Test Preparation Plan.**
- 4 DAYS** before the test, begin with difficult, problem areas.
- **Study intensively** – reread a section or handout, combine the information with lecture notes on the topic, and really put your mind to understanding it. It's not enough to recognize material; you need to be able to produce it. Test yourself by reciting information aloud in your own words. Explain concepts, define terms, ask and answer questions.
 - ***If you can't say it, you don't know it!*** Go back and study it again.
 - If you still have problems after this study session, you'll still have time to **get help from professor, tutor, or classmate** before the test.
- 3 DAYS** before the test, study all the remaining, easier material. Again, **test yourself** by reciting information aloud in your own words for thorough understanding and retention.
- 2 DAYS** before the test, study ALL the material thoroughly from beginning to end, as if the test were the next day. Put the most time and effort into studying on this day. Review the parts you know well; put more effort into the difficult areas. To simulate the test, ask yourself possible test questions or have someone else quiz you. Try this step-by-step process:
- Come up with about five possible questions using your notes and text as sources.
 - Outline a brief answer to each, covering the strategies you would need to solve the problem. Use your notes and text as if this were an open-book test.
 - Reduce the outlined answer to key steps that will trigger your memory.
 - Even if you don't encounter those exact questions, you will have categorized and organized the course content. You will have processed the information in terms of being tested, putting it at your command and better preparing you to answer related questions.
- 1 DAY** before the test, review briefly and get a good night's sleep! Over the course of five days, you will have studied all of the material three times. Sleep will help you recall and use all that you have learned.
- 0 DAY OF** test, eat a good breakfast, go to the EPIC session at STEM Center, look over your notes, and get your last minute questions answered. When you get the test, take a few minutes and CAREFULLY read all of the problems. Do what is easiest for you first to maximize your points. Check your work and remember to BREATHE!