

TEST S.M.A.R.T.S

TEST SMARTS are Strategic
 Measurable
 Attainable
 Realistic
 Timely
 Specific

Do you use these SMART strategies? Check how often you: Always Sometimes Never

CONTENT REVIEW SKILLS

- | | | | |
|---|-------|-------|-------|
| 1. Review assigned readings? | _____ | _____ | _____ |
| 3. Test yourself by reciting important information? | _____ | _____ | _____ |
| 2. Review class notes and reading notes? | _____ | _____ | _____ |
| 4. Create and use memory techniques (mnemonics)? | _____ | _____ | _____ |
| 5. Form a study group? | _____ | _____ | _____ |
| 6. Use self-monitoring to determine test readiness? | _____ | _____ | _____ |

TIME MANAGEMENT SKILLS

- | | | | |
|--|-------|-------|-------|
| 7. Record test dates? | _____ | _____ | _____ |
| 8. Plan time for test preparation? | _____ | _____ | _____ |
| 9. Avoid cramming? | _____ | _____ | _____ |
| 10. Plan to arrive on time, alert and refreshed? | _____ | _____ | _____ |
| 11. Keep track of time during the test? | _____ | _____ | _____ |

TEST SMARTS

- | | | | |
|---|-------|-------|-------|
| 12. Verify what the test will cover? | _____ | _____ | _____ |
| 13. Ask and verify the question format? | _____ | _____ | _____ |
| 14. Know the importance of the test to your semester grade? | _____ | _____ | _____ |
| 15. Bring items needed for the test, including study aids? | _____ | _____ | _____ |
| 16. Sit in the best location for you? | _____ | _____ | _____ |
| 17. Read test directions carefully? | _____ | _____ | _____ |
| 18. Look over the test and determine relative point values? | _____ | _____ | _____ |
| 19. Use appropriate answering techniques? | _____ | _____ | _____ |

MANAGE TEST ANXIETY

- | | | | |
|--|-------|-------|-------|
| 19. Use relaxation techniques? | _____ | _____ | _____ |
| 20. Use positive thinking? | _____ | _____ | _____ |
| 21. Express feelings of anxiety to relieve them? | _____ | _____ | _____ |
| 22. Overlearn the material? | _____ | _____ | _____ |

* Adapted from Gall, M.D., Gall, J.P., Jacobsen, D.R., Bullock, T.L. (1990). Tools for learning: a guide to teaching study skills. Alexandria, VA: The Association for Supervision and Curriculum Development.