

# QUIZ: DO YOU USE THESE SMART STRATEGIES?

Always, Sometimes, Never

Do you:

- |   |       |       |       |
|---|-------|-------|-------|
| • Review assigned readings?                               | ----- | ----- | ----- |
| • Test yourself by reciting important information?        | ----- | ----- | ----- |
| • Review class notes and reading notes?                   | ----- | ----- | ----- |
| • Create and use memory techniques (mnemonics)?           | ----- | ----- | ----- |
| • Form a study group?                                     | ----- | ----- | ----- |
| • Use self-monitoring to determine test readiness?        | ----- | ----- | ----- |
| • Record test dates?                                      | ----- | ----- | ----- |
| • Plan time for test preparation?                         | ----- | ----- | ----- |
| • Avoid cramming?   | ----- | ----- | ----- |
| • Plan to arrive on time, alert and refreshed?            | ----- | ----- | ----- |
| • Keep track of time during the test?                     | ----- | ----- | ----- |
| • Verify what the test will cover?                        | ----- | ----- | ----- |
| • Ask and verify the question format?                     | ----- | ----- | ----- |
| • Know the importance of the test to your semester grade? | ----- | ----- | ----- |
| • Bring items needed for the test, including study aids?  | ----- | ----- | ----- |
| • Sit in the best location for you?                       | ----- | ----- | ----- |
| • Read test directions carefully?                         | ----- | ----- | ----- |
| • Look over the test and determine relative point values? | ----- | ----- | ----- |
| • Use appropriate answering techniques?                   | ----- | ----- | ----- |
| • Use relaxation techniques?                              | ----- | ----- | ----- |
| • Use positive thinking?                                  | ----- | ----- | ----- |
| • Express feelings of anxiety to relieve them?            | ----- | ----- | ----- |
| • Overlearn the material?                                 | ----- | ----- | ----- |