

Academic Mindset Test Prep Checklist

It is important to maintain a consistent and confident effort in the classroom and on a test day. Tests may be standardized, but the way we think and process information is not. Consider your mindset as you study and prepare for big tests. Every time you study for a test, go through this checklist. If you have gone through all of these steps, you can be confident that you will perform at your best on test day. Remember, the goal is to maximize our results and score as many points as possible! Study smart and be prepared.

Ask yourself...	How can you tell...
<p>1. Do you understand what is going to be on the test?</p>	<ul style="list-style-type: none"> • Ask yourself if you know what you have to study for this test or what information will be tested? <p>Can you recall ideas that your teacher really emphasized in lecture?</p> <p>If not, talk with your teacher or your classmates to get an idea of what information you should focus on for a test.</p>
<p>2. Did you review/read your textbook, notes, and/or study guide for understanding?</p>	<ul style="list-style-type: none"> • Outline your notes/study guide <p>Create an outline/quizlet/flash cards, etc. to help you review information.</p> <p>Can you explain the concepts you read about <u>in your own words</u>, not just repeat what you read?</p> <p>Can you explain how to use/apply course information in real life?</p>
<p>3. If you took a practice test do you understand why you got the answers right or wrong?</p>	<ul style="list-style-type: none"> • Outline the practice test: <p>Did you just memorize the right answer to the practice test questions or can you explain why the correct answer is best answer choice?</p> <p>Can you go through each practice test question and explain why the other choices are not correct?</p>

<p>4. Do you have any questions?</p>	<ul style="list-style-type: none"> • Write down any questions you may still have after reviewing your text, study guides, notes. <p>Check your understanding by explaining key concepts to yourself or peers – is there something you can't explain?</p> <p>Attend any study sessions with the teacher or peers that may help clarify your understanding of the course content.</p>
<p>5. Did you study a little on most days instead of waiting until the last minute</p>	<ul style="list-style-type: none"> • Use your free time to your advantage. <p>Glance at notes often.</p> <p>Avoid distractions while studying or reading (except when taking a break).</p>