



Tips for Studying for Tests and Quizzes

1. Use a three-ring binder instead of a spiral notebook for notes. Pages can be easily removed and laid out for reviewing.
2. Create a good study environment at home that is available, comfortable, well-lit, and free from distractions. Make sure all study materials are at your finger tips.
3. Create a study schedule so that you do not wait until the day before to begin studying for tests. **DO NOT CRAM!!**
4. Create flashcards or study cards, with a term or vocabulary word on one side and the definition on the other side.
5. Break the information down into smaller chunks and review each chunk for 10-15 minutes and then take a break in between.
6. While studying, imagine what kind of question could be asked on an exam and quiz yourself. It could also be helpful to create an exam. If possible, find out how the test will be set up (i.e. multiple choice, short answer, essay).
7. Do not just skim over material, but visualize the material if possible. Read for comprehension, not just to get to the end.
8. Go over class notes and handouts the day you receive them and take notes or highlight information you don't understand. Ask your teacher about it the next day instead of waiting until the day of the test.
9. Be physically prepared for a test: get a good night's sleep, eat a good breakfast, use the bathroom before the test, and make sure you have all of the necessary materials.
10. Be relaxed: practice deep breathing and use positive self-talk. Do not try to cram in material before the exam as this will only increase test anxiety. Remember the best way to be relaxed before an exam is to be plan ahead and be prepared!