Study Strategies for Tests

**Study Tips**
- Make sure you know as much as possible about the test beforehand
- Testing Effect – don’t just re-read or look over notes
- Spacing Effect – study at least a week in advance and for 30-60 minute blocks of time
- Create a schedule for what you will study each day
- Turn off your phone while studying and don’t multi-task. Socialize as a reward after studying!
- Study in a quiet, regular place that is free from distractions
- Form study groups and attend review sessions

**Active Study Techniques:**
- Quiz yourself
- Study groups
- Write your own study questions
- Answer study questions
- Put info into your own words
- Rewrite/Type class notes
- Annotate while you read
- Make outlines
- Draw charts or timelines
- Practice problems
- Answer textbook questions
- Categorize information
- Look for relationships
- Develop memory aids
- Review your notes and fill in gaps
- Make lists
- Practice vocabulary
- Draw and label pictures
- Summarize processes
- Put text into bulleted lists
- Connect what you are learning to other things you have learned in the past

**Exam Study Checklist**

<table>
<thead>
<tr>
<th>When studying for a major exam do you...</th>
<th>Always</th>
<th>Sometimes</th>
<th>Never</th>
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<tbody>
<tr>
<td>Start studying 5-7 days in advance</td>
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<td>Find out about the exam - what type of questions, how many questions, how much time you will have</td>
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<td>Use a study space free from distractions</td>
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<td>Review notes, text, and other assignments and identify main points to know for the exam</td>
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<td>Develop a test review guide that summarizes important information</td>
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<td>Participate in available study review sessions</td>
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<td>Recite information out loud and write it out</td>
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<td>Practice sample problems</td>
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<td>Try to recall the material for the exam from memory</td>
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<td>Maintain adequate sleep, good exercise, and healthy eating</td>
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Test-Taking Strategies

**Day of the Test**
- Get plenty of sleep (don’t cram the night before) and eat healthy, protein-rich foods
- Don’t arrive too early
- Make sure you bring all your materials
- Sit in your normal seat
- Take deep breaths to calm yourself

**Test-Taking Tips**
- Look over the whole test when you first get it to review what you will be tested over
- Write formulas and definitions in margins
- Skip questions you’re unsure of and come back
- Focus on the sections that are worth the most points
- Start with the part you are most nervous about

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**Multiple Choice**
- Read the entire question carefully
- Cover up the answers and try to answer it first without seeing answers
- Read all the answers before answering
- Watch for negatives
- Watch for “all of the above” and “none of the above
- Eliminate answers you know are incorrect

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**True/False**
- All parts of the question must be true to make it true
- Watch for qualifier and absolute words
- Watch for double negatives

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**Essay**
- Write an outline first
- Use examples from class, your text, and personal examples to show thorough understanding
- Intro & conclusion can be short - spend most time on the body
- Make sure to include points that your professor stressed in class
- Read the entire question carefully to make sure you are answering the question fully

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**What do I do if I don’t know the answer?**
- Don’t panic! Panicking decreases your ability to recall information and think clearly
- Ask yourself, "what do I remember about this topic?" Jot down something
- If it is multiple choice or TF, make the question a statement with each answer and ask yourself which is most logical
- If you do all those things and you still don’t know the answer, move on. You might find other questions later on in the test that remind you of the answer