Test-taking Evaluation

Directions:
Circle the number that most accurately reflects your behavior.
Then list your goals below.

1 = never
2 = rarely
3 = sometimes
4 = frequently
5 = always

I keep a positive attitude about my performance on exams.     1   2   3   4   5
Throughout the semester, I conduct review sessions 10 minutes a day for each class.  1   2   3   4   5
I plan ahead to study for exams, and put specific study times in my schedule.   1   2   3   4   5
I determine specific study tasks for my review sessions.  1   2   3   4   5
I prepare note cards for classes that require knowledge of terms, dates, concepts, etc.  1   2   3   4   5
I label and carry my note cards with me to study in my spare time.
I quiz myself using key terms in textbooks, chapter reviews, and class notes.
I use notes and textbooks to predict what questions will be asked on a test.
I study during short periods of an hour or less rather than “marathon” sessions.
I test myself using my own words and examples rather than just memorizing notes.
I make sure to be well rested before an exam.
I look over the entire test before I begin to answer the first question.
I plan my time according to how many points each question is worth.
When I’m anxious or tense before an exam, I use relaxation techniques to calm myself.
If I have trouble answering an exam question, I mark it and come back to it later.
I try to answer the easiest questions first before moving on to the more challenging ones.
I double-check my answers.
On multiple-choice questions I read all of the choices before answering.
With multiple-choice and essay questions, I try to find key words.
I eliminate obviously wrong answers on multiple choice or matching questions.
I look qualifiers such as “always”, “never” and “sometimes” on a true/false test.
I review and correct my tests to use later as study guides.

Test-taking goals: Concentrating on the statements to which you answered 1, 2, or 3; identify three behaviors you wish to improve and list them below.