

Where Do You Want to Go?

On a scale of 1 to 10, how would you rate your preparation for tests at this time?

Prepare for tests poorly					Prepare for tests well													
1		2		3		4		5		6		7		8		9		10

On a scale of 1 to 10, how would you rate your test-taking skills at this time?

A poor tester					An excellent tester													
1		2		3		4		5		6		7		8		9		10

In the following list, circle the three most important areas in which you think you can improve:

- Reducing test anxiety
- Cramming for exams
- Using study time more effectively
- Feeling confident for an exam
- Staying focused while studying
- Using my time effectively during an exam
- Selecting the right things to study
- Answering multiple-choice questions
- Selecting the best time and place to study
- Answering short answer questions
- Working in effective study groups
- Answering essay questions
- Studying from my notes
- Taking oral exams/giving presentations as exams
- Studying from my text
- Taking online exams

Are there other areas in which you can improve your test preparation and test taking? Write down other things you feel you need to work on.

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