



TM

## **EXAM WRAPPER**

How You Prepared Previously:

What To Improve:

How You Will Prepared For The Next Test:



## **TEST TAKING AND PREP**

### ***Before The Test:***

Be prepared! Be sure to utilize proper notetaking and studying strategies to ensure you learned the material. Use positive self-talk and prepare your body with adequate sleep and proper nutrition. Analyze previous tests/quizzes to avoid making the same mistakes twice.

Use the “exam wrapper” method: Draw two horizontal lines, in the top section write how you prepared, middle section write the mistakes you made, low section write how you will prepare differently for next exam

### ***During the Test:***

When you get your test you should "brain dump" by writing down formulas you may need, before you begin. Find a blank page on the test and write/draw stuff you know before looking at questions. Then be sure to read directions carefully, listen for additional directions & ask for clarification. Budget your time wisely by starting with easiest questions and working your way up. This will help build confidence and more information will come to mind as you go. Expect memory blocks and come back to those questions, after you've answered all other questions. Lastly, deep breathing can help you stay calm.

**Want more? Visit the Academic Success Center at the Newton Gresham Library, 2nd floor, to see our Learning Coaches for hands on application techniques and strategies!**

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