

## Test-taking Skills Assessment

The statements below are designed to assess your strategies and practices in studying for and taking tests. Please mark the rating that best describes your current behavior in relation to each of the items. The more honest and objective you can be about your present behavior, the more easily you will be able to see and make changes which can improve your effectiveness in studying and your performance on tests.

|   | <u>Ratings</u> |           |       |        |
|---|----------------|-----------|-------|--------|
| Always  | Never/Rarely   | Sometimes | Often | Almost |
| 1. I find out about the type and scope of the test in advance and set a specific score I plan to make.  | 1              | 2         | 3     | 4      |
| 2. I set aside several times over the week prior to a test for focused study.   | 1              | 2         | 3     | 4      |
| 3. To prepare for tests, I carefully study my class notes, marked portions of the text, handouts, homework exercises, chapter quizzes, and assigned readings. | 1              | 2         | 3     | 4      |
| 4. I create my own study aids such as flash cards, chapter summary sheets, mind maps, and charts as appropriate for each test.                                | 1              | 2         | 3     | 4      |
| 5. I create memory aids such as acronyms and acrostics and use imagery to help me learn key information.  | 1              | 2         | 3     | 4      |
| 6. I predict what questions will be on the test and practice answering them verbally and in writing.  | 1              | 2         | 3     | 4      |
| 7. At test time, I scan the test and budget my time, answering what I know well first.  | 1              | 2         | 3     | 4      |
| 8. I deal with test anxiety before and during tests by preparing well, relaxing and focusing on what I do know rather than what I don't.                      | 1              | 2         | 3     | 4      |
| 9. I use all of the available time during the test to insure I have answered every question accurately and completely.  | 1              | 2         | 3     | 4      |
| 10. After the test I note and correct any errors I made and evaluate how effective my study plan was.   | 1              | 2         | 3     | 4      |

The practices listed above can be valuable in improving your performance on tests. You should consider trying out two or three of those you scored low on to see if they will help you make better use of the time and effort you spend in preparing for tests while increasing your grades as well. If you still have difficulties with taking tests, be sure to ask for guidance from your instructor and get help from the tutors in the Learning Labs.