

Tests: Planning For Success

1. How to help students prepare for a test.

Many students have grand ambitions for acing tests, and yet, they don't know how to plan, initiate studying, or monitor their progress to earn the grades they want.

Many of these kids need explicit instruction in *how* to study. Their perfunctory studying keeps them from performing as well as they'd like. They lose confidence. And worst of all, they stop trying.

2. Teach the skill necessary to prepare for an exam.

Fill in any gaps in their knowledge of effective study skills.

- a. Help the student set an attainable goal. Research has shown student goal setting increases motivation.
- b. Teach your student how to use each of the strategies below.
- c. Help the student identify which strategies work best for them.

3. Fill out the Tracking Chart with the student

- a. Help the student create a study plan.
- b. Many students will also need an adult or external cue (alarm, e-mail, text message) to *start* studying. Ask the student how they'll remember to start studying.
- c. Fill out the Tracking Chart with the student.

4. After the test is completed:

Help the student analyze what worked well and whether or not there are aspects of their study preparation they can improve upon for next time.

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Backwards Planning for Study Strategies

Goal Setting and Evaluation

My performance goal for the test: _____

What I actually earned on the test: _____

Menu of Study Strategies

Here are eight of the best ways to study. Choose which strategies you'll use.

____ 1. Take practice test

____ 5. Create a "cheat sheet"

____ 2. Outline text

____ 6. Study flash cards

____ 3. Use study guide

____ 7. Quiz myself

____ 4. Make diagrams

____ 8. Have someone quiz me

Post-Test Evaluation

How did your studying pay off? Answer the following questions with your instructor:

1. What strategies worked the best?
2. Did you use any strategies that weren't helpful?
3. Did you spend enough time studying? *(circle one)*

Yes

No

What will you do similarly or differently next time you study for a test?