

SELF-EVALUATION: TEST TAKING (p. 177) • Name _____

A Examine Your Test-Taking Strategy: Write today's date above the first column. Then in that column write the number that best describes your test-taking strategy. The other columns will enable you to reevaluate your habits later.

1 = Never 2 = Seldom 3 = Sometimes 4 = Usually 5 = Always

Date _____ _____ _____

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|--|-------|-------|-------|
| 1. I see a test as the opportunity to show what I have learned and to learn new information. | _____ | _____ | _____ |
| 2. I approach a test calmly. | _____ | _____ | _____ |
| 3. I carefully read the directions. | _____ | _____ | _____ |
| 4. I budget my time so I don't spend too much time on some items and have too little time for others. | _____ | _____ | _____ |
| 5. I carefully read test questions. | _____ | _____ | _____ |
| 6. If I am stuck on an item, I look for clues to that item on the test itself. | _____ | _____ | _____ |
| 7. On a matching exercise, I first do the items I <i>know</i> . | _____ | _____ | _____ |
| 8. If I don't know the answer to a multiple-choice question, I look for choices I can eliminate. | _____ | _____ | _____ |
| 9. If I have time when I finish my test, I <i>rethink</i> my answers. | _____ | _____ | _____ |
| 10. When the teacher returns my graded test, I learn the answers to questions I missed and recheck items on which I guessed. | _____ | _____ | _____ |

B Improve Your Test Performance: Write answers to these questions on a separate paper.

1. When you do well on a test, notice which test-preparation *and* test-taking strategies helped you to succeed.
2. When you do not do well on a test, ask yourself these questions:
 - a. Did I spend too little time preparing for the test?
 - b. Did I study the wrong material?
 - c. Did I misunderstand the information?
 - d. Did I prepare for the wrong kind of test question?
 - e. Did nervousness during the test keep me from remembering information that I knew during my preparation?
 - f. Which of the items in 1–10 above shall I work to improve so that I will do better on the next test?