

**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      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_

- |  |       |       |       |
|--|-------|-------|-------|
| 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?