

# TEST PREPARATION

Be Prepared

And

Increase Your Chances for Success!

# Need some motivation to prep for a test?

1. You can pass a course with a D- or a C-. If all your semester grades are D-, your GPA will be 0.67. And if they are all C-, the GPA will be 1.67.
2. BUT—if those are your grades, you'll never graduate. The lowest GPA for a degree is 2.00, an average of C for all your courses.
3. So if you would like to improve your chances of earning a C or better, read on....

# BE PREPARED

Think back to your last test...

- Did it come as a surprise? If so, review your time management strategies.
- A semester calendar built from your syllabi during the first week or so of classes will help you to avoid night-before discoveries like this.

# How did you study for that last test?

- If cramming is your usual test-prep strategy, think about trying a new one called **DISTRIBUTED PRACTICE**.
- Using this method, you review for 30 or more min./day over several days instead of in 2-3 jam-packed hrs. the night before the test.

- Why choose distributed practice?? Because it works! Want proof? Visit and read <http://web.ics.purdue.edu/~rallrich/learn/dist.htm>
- Then try it!

# Have you found out all you can about the coming test?

- Do you know if it involves objective, short answers only? Essay answers only? A mix?
- Have you reviewed strategies for handling short vs. long answers?
- Do you know the length of time allowed for the test?
- Are sample tests available to review for style and content?

- Has the professor given or at least hinted at the content or form?
- Will it be similar to tests you've already taken in the course?
- If you took earlier tests, have you reviewed them to see what sort of errors you typically make?
- And have you worked out ways to minimize those errors in future tests?

# What are your usual study strategies?

- Do you turn chapter titles and headings into questions and search for the answers?
- Do you invent mnemonics for detailed info that is difficult to remember otherwise? (ex., HOMES for the names of the Great Lakes, or Roy G. Biv for colors of the spectrum in order)



# Are you part of a study group for any of your classes?

If yes—great!! If no, then join one or start your own study group now for the next test. WHY? Because something called SYNERGY happens in groups. Here's how it works:

- Group members come prepared to ask each other questions about the test content, perhaps trying to stump the others by posing hard questions.
- One group member responds correctly, but in a way you have never thought of, giving you a whole new perspective on the topic, the problem, etc.

- Then you ask a new question based on your new insight. It triggers more questions that others only think of because you asked yours.
- By the time the session is done, every group member walks away with deeper, more complete understanding of the topic.

- That's SYNERGY! It would never have happened as quickly and broadly for any member who studied alone as it does in the group session.
- Worth a try???

# DON'T FORGET THE BASICS

Remember to:

- **Eat right and exercise.**
- **Follow a moderate pace when studying.**
- **Vary your work when possible.**
- **Get plenty of sleep the night before the test.**

Once you feel you are adequately prepared for the test, do something relaxing. Don't forget to have fun and to socialize!

# Student Success Centers

For more information on being a successful college student contact the Student Success Center.

119 Payson Smith Hall, Portland  
780-4040

119 Bailey Hall, Gorham  
780-5652

119 Lewiston-Auburn College, Lewiston  
753-6500

or e-mail: [studentsuccess@usm.maine.edu](mailto:studentsuccess@usm.maine.edu)

Student Success Advisors are available to help you.