Strategic Test Prep

1. What do you already know?
   - Use the syllabus, textbook, notes, and quizzes to make a list of the topics likely to be tested.
   - Gather your course materials (syllabi, readings, notes, etc.) and determine what content you have already covered, and what you will need to study.
   - Hide all notes and readings so you can test your understanding of each key concept. By doing this, you can see how many key concepts you can easily explain to yourself or others.

2. Make a Study Plan and a Study Guide
   Here are some methods to try:
   - Create mind maps, concept maps, or a timeline to visualize and organize information,
   - Make flashcards to review the material and to test yourself with. You can make cards using pen and paper or on an online website, like Quizlet,
   - Try studying with a classmate or study group,
   - Ask and answer questions that test deep understanding of the topic.

3. Schedule your Studying
   - Schedule your study time so that you can focus more on topics that are challenging for you.
   - Plan how many topics you will cover per day or per study session. Smaller chunks make it easier to tackle a lot of material.
   - Take breaks to give your brain time to rest.
   - Distribute your studying over several days or weeks. You can identify blocks of time every day to fit specific study goals into.

4. Test Yourself
   When you’ve completed your study plan, it’s time to test yourself again. Hide all materials and test your understanding. Ask yourself:
   1. Can I do a problem from memory?
   2. Can I restate or rewrite what I’ve learned?
   3. Can I teach these concepts to a friend?
   4. Can I answer questions that you generated?
   If you’re still struggling with a topic, keep practicing and using your study skills!

Adapted from: The Learning Center, University of North Carolina at Chapel Hill