

# The 3RT test preparation method

Preparation for a test begins on the first day of class. It includes:

- Regular study
- Timely homework
- Review
- Rest

Regular Study means taking notes in class and rewriting them after class. It means getting together with other students in the class to compare class notes. This allows you to fill in any parts that you missed and clear up any misunderstandings. Regular study also means reading the text and highlighting or taking notes on the most important parts.

Regular study includes explaining the text to at least one other person, as a check on our own understanding. (We are not able to explain something unless we understand it.) If we explain parts of the text to another student in the class, and that person also explains parts of the lesson to us, we may find that it is not necessary for each person to read all of the text. In fact some students form study groups that assign chapters to members. Each member studies his or her chapter thoroughly and explains it to everyone else.

The important thing to remember is that regular study involves more; than going to class and reading the text. Regular study means knowing the material.

Timely Homework means keeping up with homework assignments and turning them in on time. This prevents falling behind in the class. It allows problems to surface early so that they can be resolved before tests begin.

Review means going back over your notes on a regular basis-.such as once a -week-rather than waiting until the night before a test. Review keeps the information fresh so that you do not forget what you have learned. Review makes it possible to keep calm on the night before a test because you know that you are prepared. Rest means getting enough sleep, especially on the night before a test, so that you are ready to do your best.