

The Review and Visualize Test Preparation Method

- **Prepare for your test as you read your text when it is first assigned.**
Do not reread your textbook to prepare for a test. Use a textbook study system like SQ3R as you read your text to help you learn and retain the information. Create study questions as you preview and read the text. Be sure to think of short answer and essay questions. Make notes in the form of study maps or outlines.
- **Ask your instructor what kind of exam you should prepare for.**
Will it be short answer, true/false, multiple choice, essay, or a combination? The ways you prepare for an objective test will be different from the ways you prepare for an essay test.
- **Make flashcards to help you remember key points and details.**
Write a question about the key point on one side of the card, and write the answer on the other.
- **Always study as though you're practicing to take a test.** Write the answers to your study questions. Check your answers against your notes. Make any necessary corrections in your response.
- **Visualize yourself taking the exam and work on reducing your anxiety.**
Imagine yourself calmly reading over the test, thinking about the questions and answering the questions. Do this daily for a week before the test.