Academic Support Center

Test Preparation Tips

The following strategies have helped many people improve test scores and prepare more effectively for tests:

It is best to begin preparing long before the day of a test. Make it a habit to complete reading assignments and frequently review lecture notes.

Make time for studying. Since work and other activities can occupy your time, be sure to set time aside to adequately prepare for tests.

Watch for clues the teacher might provide about possible test questions. It is also advisable to participate at test review sessions and ask questions about unclear concepts. Never be ashamed to ask questions.

Ask your teacher about what subjects or topics you will be tested on during the exam.

Show up to class early on test day, in case the teacher provides any additional tips or instruction.

A couple days prior to the test, review lecture notes, reading assignments, and other materials that will prepare you for it.

Getting plenty of rest and exercising regularly will enhance your ability to perform well on a test. Eat a nutritious meal prior to taking a test to be alert and focused.

It is unwise to stay up all night studying prior to a test. Get plenty of sleep the night before a test. Although spending extra time preparing seems like it will improve your score, you never want to show up to a test tired.

Prepare an outline of the main topics and concepts that will be covered during an exam, then use this sheet to study. This will help you memorize key facts and other information you will be tested on.

Arrive to class at least 5 minutes before the test is administered.

Be sure to use the bathroom before the test begins. If you must visit the restroom during the test, it can waste time, and in many cases, students are not permitted to leave a room once a test begins. It can also be extremely uncomfortable and distract your concentration.