

**Directions:**

Circle the number that most accurately reflects your behavior.

Then list your goals below.

1 = never
2 = rarely
3 = sometimes
4 = frequently
5 = always

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|--|-----------|
| I keep a positive attitude about my performance on exams.                                  | 1 2 3 4 5 |
| Throughout the semester, I conduct review sessions 10 minutes a day for each class.        | 1 2 3 4 5 |
| I plan ahead to study for exams, and put specific study times in my schedule.              | 1 2 3 4 5 |
| I determine specific study tasks for my review sessions.                                   | 1 2 3 4 5 |
| I prepare note cards for classes that require knowledge of terms, dates, concepts, etc.    | 1 2 3 4 5 |
| I label and carry my note cards with me to study in my spare time.                         | 1 2 3 4 5 |
| I quiz myself using key terms in textbooks, chapter reviews, and class notes.              | 1 2 3 4 5 |
| I use notes and textbooks to predict what questions will be asked on a test.               | 1 2 3 4 5 |
| I study during short periods of an hour or less rather than "marathon" sessions.           | 1 2 3 4 5 |
| I test myself using my own words and examples rather than just memorizing notes.           | 1 2 3 4 5 |
| I make sure to be well rested before an exam.  | 1 2 3 4 5 |
| I look over the entire test before I begin to answer the first question.                   | 1 2 3 4 5 |
| I plan my time according to how many points each question is worth.                        | 1 2 3 4 5 |
| When I'm anxious or tense before an exam, I use relaxation techniques to calm myself.      | 1 2 3 4 5 |
| If I have trouble answering an exam question, I mark it and come back to it later.         | 1 2 3 4 5 |
| I try to answer the easiest questions first before moving on to the more challenging ones. | 1 2 3 4 5 |
| I double-check my answers.   | 1 2 3 4 5 |
| On multiple-choice questions I read all of the choices before answering.                   | 1 2 3 4 5 |
| With multiple-choice and essay questions, I try to find key words.                         | 1 2 3 4 5 |
| I eliminate obviously wrong answers on multiple choice or matching questions.              | 1 2 3 4 5 |
| I look for qualifiers such as "always", "never" and "sometimes" on a true/false test.      | 1 2 3 4 5 |
| I review and correct my tests to use later as study guides.                                | 1 2 3 4 5 |

**Test-taking goals:** Concentrating on the statements to which you answered 1, 2, or 3; identify three behaviors you wish to improve and list them below.