



Success Skills Center

# How Ready Are You For Exams?

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**Rate yourself on each of the elements below. *Be honest!***

**A = Absolutely, M = Mostly, S = Somewhat, N = Not So Much**

When you finish, see the reverse side for instructions on scoring your responses.

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- \_\_\_\_\_ 1. I know where and when all of my exams are held.
  - \_\_\_\_\_ 2. I have made arrangements with the appropriate people (e.g. boss, co-workers, parents, family members, babysitter) so that I can have **ample** time to *study* for my tests.
  - \_\_\_\_\_ 3. I have made arrangements with the appropriate people (e.g. boss, co-workers, parents, family members, babysitter) so that I can be on time and have ample time to *take* my tests.
  - \_\_\_\_\_ 4. I have organized my schedule to be able to get regular, sufficient sleep (7-8 hours per night).
  - \_\_\_\_\_ 5. I have attended **every** class session.
  - \_\_\_\_\_ 6. I have taken notes in class and used them in my studying.
  - \_\_\_\_\_ 7. I have read **all** of the relevant material in my textbooks and other assigned readings.
  - \_\_\_\_\_ 8. I have completed **all** assigned coursework (e.g. homework, papers, quizzes, projects).
  - \_\_\_\_\_ 9. I have access to study guides or have created my own.
  - \_\_\_\_\_ 10. I have created and answered practice tests.
  - \_\_\_\_\_ 11. I understand the meaning of all relevant vocabulary and notation.
  - \_\_\_\_\_ 12. My study techniques help me to make connections and distinctions among key concepts.
  - \_\_\_\_\_ 13. I know what will be covered on my exams.
  - \_\_\_\_\_ 14. I know the material on my exams well enough to explain it to someone else.
  - \_\_\_\_\_ 15. I have kept up well enough with my classes that if an exam were given today, I could pass.
  - \_\_\_\_\_ 16. I have resources to get answers to any questions I have in preparing for my exams.
  - \_\_\_\_\_ 17. I know what I need to score on the exams for each of my classes in order to get the grade I need/want in the course.
  - \_\_\_\_\_ 18. I know what to do if I have too many tests on one day or need to take my exam(s) at a different time than scheduled.
  - \_\_\_\_\_ 19. When I take tests, I manage my time well, read directions thoroughly, answer questions in the order I want to, and use other appropriate strategies to “take ownership” of the test.
  - \_\_\_\_\_ 20. In reference to exams, my anxiety level is low.

# How Ready Are You For Exams?

(Complete the other side first!)

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**Scoring Instructions:** For items #5, 8, 12, 14, and 15, give yourself 8 points for each “A,” 5 points for each “M,” and two points for each “S.” For the other 15 items, give yourself 4 points for each “A,” 2 points for each “M,” and 1 point for each “S” in your responses. (Answers of “N” are not worth any points!) Add up your points to determine your total Exam Readiness Score.

**Interpreting Your Score:** If your Exam Readiness Score is...

**0-25:** It’s time for damage control! Run, **do not walk**, to the Success Skills Center (located in UC 170) for help.

**26-50:** It is unlikely that you will do well on exams without help.

**51-80:** You have some work to do, but the prospects of your doing well on exams are good.

**81-100:** Congratulations—you are ready to do a great job on exams!

Every element in the Exam Readiness Quiz is something that can help you to do well on your exams.

To learn more about any of them, stop by the Success Skills Center in UC 170! We can help you to become a more successful, efficient test-taker.