**Test preparation Checklist**

Did you attend class?

Did you actively participate in some form in class?

Did you read the text?

Did you make a serious effort to understand the text?

Did you seek supplemental resources or ask for explanations for things you didn’t understand?

Did you make a serious effort to complete homework assignments in a timely manner?

Did you review the material several times during the week to space your practice?

Did you go through end of chapter questions and convince yourself you could answer everything?

Did you quiz yourself or have some one else quiz you?

Were you able to explain concepts to someone else?

Did you get a good night’s sleep?

Staying up all night negates all the other work.

Did you have a light nutritious snack before sitting for the exam? Your brain needs fuel.