

Test and Exam Preparation

Objective: by the end of this lesson, learners will be able to design a test/exam preparation checklist.

In order to prepare for a test/ exam you need to think about the following:

- 1- Materials to study.
- 2-Techniques of studying.
- 3- Time planning
- 4- Environment
- 5-Concentration and distractions.
- 6- Mental and physical state.
- 7- Possible problems.

Task1: Answer the questions.

- 1-What materials do you need to prepare for the test/ exam?
- 2- What techniques do you use in each of the following stages of studying?
 - a- Studying to gather information.
 - b- Studying to learn information.
 - c- Studying to check learning.
 - d- Studying to improve learning.
 - e- Studying to refresh learning.
- 3- How can you make the best out of your time to study effectively?
- 4- How can you prepare your studying environment?
- 5- What are the possible distractions that may disrupt your studying? How can you overcome them?
- 6- Are there distractions that are impossible to overcome? How can you deal with them?
- 7- How can you ensure that you are in your best mental and physical state to prepare for the test/ exam?
- 8- What possible problems can arise during your test/ exam preparation phase? How can you deal with them?

Task 2: Design a checklist for your test/exam preparation. Include elements discussed in the lesson (1-7).