

## Habits of Mind: Test-Taking Preparation Strategies

Let me let you in on a little secret. Our effort determines our outcome. And if we fail to plan then we're really planning to fail. So, I am asking you, because you are worth it and have what it takes, to set a goal, to create a plan to achieve that goal, and then to invest the effort to achieve the goal.



1. What is your goal for this exam? Do you just want to pass? Earn an "A"? What?
2. What do you plan to do to achieve your goal? Write down at least three things. (For example, I will read over all of my notes, quizzes, and textbook for three hours, from 6 to 9, on Wednesday. On Thursday, from 1 to 3, I will brainstorm, create a thesis, and outline my essay, as well as create flashcards for the matching portion of the exam. On Friday, I will review my notes and write my three short answers, as well as study my flash cards and write my essay introduction and my sub-claims for my body paragraph. On Saturday, I will write the bodies of my essay paragraphs and conclusion, as well as study my notecards. On Sunday, I will proofread my short answers and essay; I will rewrite my thesis statement, introduction, and each of my opening sub-claim statements in each of my paragraphs.)
3. In order to obtain a goal, you have to have one, you have to come up with a plan of action to achieve it, and then you have to do all of those things. But you also have to be aware of things you should not do, things that will destroy your effort to succeed. Name at least three things you will not do over the next few days, so you can focus on the things you have planned to do to succeed. (I will not party. I will not play video games, text, or browse the internet while studying. I will not create drama with my boyfriend/girlfriend/friends, etc.)
4. Lastly, all of the planning in the world does not stop emergencies or unexpected things from happening. How will you avoid drama or deal with it quickly should it happen, so you can do the things you committed yourself to do to achieve your goal on this test?<sup>1</sup>

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<sup>1</sup> Created by Erin Miller.