

Habits of Mind: Test Preparation Strategies: Part II, Follow Up

Sometimes our plan of action helps us achieve our goals. Sometimes we fail to follow through on our plan. And still other times we follow through with our plan and still do not achieve our goals. If you followed your plan and did not obtain your goal, do not be discouraged or see it as failure; look at it as an opportunity to adjust your plan to allow for future success. It is not an absence of obstacles that determines success but a refusal to submit to them.



1. What was your goal for this exam? Did you just want to pass? Earn an "A"? What?
2. Did you make a plan to achieve your goal? Yes or no? (If not, and you did not obtain your goal, perhaps you should reconsider before the next test/assignment.)
3. What steps did your plan entail? Did you accomplish them? Which ones?
4. Do you think carrying out this plan helped prepare you for the exam? Why or why not?
5. What will you add or take away from your plan of action for the next test/assignment?
6. What activities did you plan to avoid, so you could accomplish the ones you established to make your goal? Did you avoid them? Yes or no? Did avoiding those help you work towards your goal? If you did not avoid them, how did that impact your study time and your desired goal? What will you do differently next time?
7. What drama or emergencies occurred? How did you deal with them? How did they impact your effort to study and achieve your goal? What is your plan to avoid or deal with events like these before your next test?¹

¹ Created by Erin Miller.