



## Preparation is Key!

---

The key to improving your test scores lies in thorough preparation—there's truly no substitute for it! However, preparation is more than just intense study sessions right before each exam. The most successful students consistently build strong study habits throughout the semester. This approach not only helps them retain information better but also enables them to grasp the material on a deeper level, making it easier to apply their knowledge when it matters most. Effective preparation is a long-term process that sets the foundation for academic success.

# IMPROVING YOUR TEST SCORES

## Study Confidently

---

### Come up with a game plan:

- **Create a realistic study schedule:** Plan out your study sessions, ensuring they're balanced and manageable.
  - **Evaluate your available study time:** Identify when and how long you can dedicate to studying.
  - **Organize your study space:** Ensure your environment is free of distractions and equipped with everything you need.
  - **Anticipate exam questions:** Review your lecture notes, discussions, and readings to predict possible exam topics.
  - **Identify your weak spots:** Focus on areas where you need improvement to enhance your overall performance.
  - **Develop study aids:** Use flashcards, summaries, or other tools to strengthen your understanding and confidence.
  - **Take practice exams:** Simulate the test environment to get familiar with the format and timing.
-

## TOOLS FOR ONLINE LEARNERS



[wku.edu/online/srp](http://wku.edu/online/srp)

### IMPORTANCE OF HOMEWORK

Make sure to complete your homework assignments. Often, professors suggest additional readings or practice problems that may not be required. Trust their guidance—if they recommend these, it's because they believe they will help you achieve the understanding needed to succeed in the course.

### STUDY REGULARLY

Cramming for a test is not an effective strategy. Consistent studying helps improve retention and reduce stress. Take advantage of short periods of time to review and organize your notes—you'll be amazed at how much of a difference it can make.

### RELAX

You won't perform well on a test if you're too tense. If you start to feel anxious, try closing your eyes and taking a deep breath. Focus on breathing slowly and deeply until you feel more relaxed and in control.

### TEST ANXIETY

Test anxiety is something many students face during their college career, but it's manageable with the right approach. While tests can be stressful, you can overcome that anxiety by preparing thoroughly, building confidence in your knowledge, and practicing relaxation techniques. By focusing on what you can control, you'll feel more at ease and ready to tackle any exam.

### KNOW THE CONTENT

Understand what will be on the test and the format of the exam. Make sure you're clear about which chapters, notes, concepts, and key points will be covered. Find out if the test will include multiple-choice, true/false, or essay questions. If you have any questions, ask your professor for clarification. Understanding the material to focus on and the structure of the test will greatly aid in your preparation.

### MANAGE YOUR ALERTNESS LEVEL

Make sure you get enough sleep to stay sharp. If you're feeling tense, take a walk to clear your mind. Avoid last-minute cramming if you're feeling anxious—it's like preparing for a sprint: focus on getting yourself into the best physical and mental state.

### TEACH SOMEONE

One of the best ways to solidify your learning is by teaching someone else. Explaining what you've studied helps move the information from short-term to long-term memory, and it also highlights areas where your understanding may still need improvement.



C.A.R.E.S.

Coaching for  
Academic Readiness,  
Excellence, and Success