

Learning Tip:

## How to Prepare for a Test

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# How to Prepare for a Test

Not all tests are enemies! Students often learn more from taking a test than from just plain “studying”. Here are some best practices for effective test preparation:

- ▶ **Active recall and retrieval:** Engage actively with the material instead of just reading solutions and nodding along.
- ▶ **Deliberate practice:** Reflect honestly on areas that need reinforcement. Don’t just keep doing the easy stuff over and over.
- ▶ **Interleaving:** Build flexibility and creativity by switching between topics. This helps you learn not just how to solve a problem, but also when to apply specific techniques.
- ▶ **Simulate testing conditions:** Can you solve problems under conditions similar to the actual test (in terms of time constraints, aids allowed, etc.)?
- ▶ **Embrace “Good Worry”:** Use anxiety as a source of motivation and focus; otherwise, it can drain your energy.

Remember, the best way to prepare for a test is to test yourself!