

SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

Test Preparation/Test Anxiety

Reading Assignment

Request the following textbooks:

On Course: Strategies for Creating Success in College and in Life – Gaining Self – Awareness (Wise Choices in College – Taking Test, section at the end of chapter)

A Pocket Guide to College Success – Test Taking

Read the selected chapters pertaining to test preparation and test anxiety and take notes while you read.

Internet Assignments

Internet Video Lessons – Review the following online videos. Take notes while you watch.

[This Is a Test...This Is Only a Test: Test-Taking Techniques](#)

[Studying and Test-Taking](#)

Review the following interactive online workshops. Take notes while you read/watch. Answer the questions presented in the online workshop.

[Test Preparation](#)

[Overcoming Test Anxiety](#)

Application of Learning

Anticipate what your next test in a given class will cover. Create and follow your study plan for the test.

After the test, evaluate your study plan. Write a one-page summary.

- What went well?
- What would you change in the future and why?

Assessments

Ask your Skills Development Instructor for the final reflection for this assignment entitled *Reflection is Part of Learning*.