How to Raise Your Test Scores

1. **Attend every class.** When you miss class sessions, you could be missing out on valuable discussion over the material and insight from the professor. The best way to ensure you pass the test is to attend class and engage in discussion of the concepts.

2. **Review/rewrite your lecture notes** as soon as possible (preferably within 24 hours) after every class session. This will give your brain more time to get comfortable with the information. This will also help you identify information that you do not understand while the lecture is still fresh in your memory.

3. **Conduct short daily review sessions.** You can ease into more intense review sessions prior to major exams.

4. **Regularly attend study groups** such as SI when possible. This will enable you to cover important material that you may overlook on your own.

5. **Read the textbook material prior to the lecture.** This will help you identify concepts during the lecture or in class that the professor considers important and that are already somewhat familiar.

6. **Read all handouts** assigned or recommended by the teacher.

7. **Develop a list of questions**—things that you don't understand and items you think are going to be on the test. Get answers to the questions that you don't understand, either in your study groups, in class, or during office hours with the instructor. Use your possible test questions to review with before the test.

8. **Conduct a major review early** enough to allow for a visit to the instructor during office hours if necessary.

9. **Avoid last minute cramming.** Break up the study tasks into manageable chunks. Studying three hours in the morning and three in the evening will be more effective than studying at a six-hour stretch.

10. **Study the most difficult material when you are alert.** Studying when you are mentally fatigued is usually a waste of time.

11. **Gear up for the test with a good night's sleep and a nourishing meal or snack before test time.**

   Your brain doesn’t work as well if you are fatigued or stressed. You will be much more likely to recall what you've learned if you are rested and ready. Additionally, plan out what you're going to eat and drink before the test. If your blood sugar is low while you are testing, your brain will not function up to its capacity. Finally, contrary to many students' beliefs, an extra shot of caffeine will not improve your test-taking ability very much. Caffeine may help you feel more alert, but it doesn’t support the brain functions as blood sugar does.