

METACOGNITIVE STRATEGIES TO USE WHEN PREPARING FOR TESTS

Before a test, students should ask themselves:

- What will be on the test?
- What areas do I struggle with or feel confused about?
- How much time should I set aside to prepare for an upcoming test?
- Do I have the necessary materials (books, school supplies, a computer and online access, etc.) and a quiet place to study, with no distractions?
- What strategies will I use to study? Is it enough to simply read and review the material, or will I take practice tests, study with a friend, or write note cards?
- What grade would I get if I were to take the test right now?

METACOGNITIVE STRATEGIES TO USE TO REVIEW AFTER A TEST

After a test, students should ask themselves:

- What questions did I get wrong, and why did I get them wrong?
- Were there any surprises during the test?
- Was I well-prepared for the test?
- What could I have done differently?
- Am I receiving useful, specific feedback from my teacher to help me progress?