

Study Skills, Test Preparation, and Time Management Worksheet

1. What are two tips or facts that you learned from this presentation about study skills or test preparation?

1 _____

2 _____

2. Using your answers above about what you learned, how are you going to APPLY these facts or tips to YOUR academic life (study, etc.)?

1 _____

2 _____

3. What was your total point count on the *Self-Evaluation of Time Management*?
(Points range 1-10; assessment was at the beginning of time management presentation; answer questions & receive 1 point for every question you answered "yes")

_____ -or- ____ Prefer not to share

4. From what you learned about YOURSELF and YOUR CURRENT TIME MANAGEMENT SKILLS, what is at least one thing you will change or add to increase your time management skills?

5. Circle **true** or **false** to each statement:

Time of day is important when you chose to study.	TRUE	FALSE
You should use different study techniques for different subjects.	TRUE	FALSE
Human attention span drops after 2 hours of continuous study.	TRUE	FALSE
Strenuous exercise is good for you when you are preparing to take a test and studying.	TRUE	FALSE
Storytelling is not a recommended effective method of studying.	TRUE	FALSE
Deep breathing is one a great method to bring down stress in the body since oxygen reduces cortisol in the blood.	TRUE	FALSE
Time management is a skill that refers to the development of processes and tools to increase efficiency and productivity.	TRUE	FALSE
To-do lists are outdated and no longer recommended for time management skills and planning.	TRUE	FALSE