

Improve Your Test Scores!

Alice Miesnik, retired Principal of Marist High School, with over 40 years of teaching experience, joins us regularly to offer advice on school success. This month she is focusing on how to help you improve your test scores.

The two greatest enemies of test taking success are procrastination and feeling overwhelmed. Both have proven remedies.

1. **Cure procrastination**: Create a daily schedule during which you devote 20-minutes to each subject per day. During this time, you should:
 - a. Reread your class notes and annotate them
 - b. Do your written homework
 - c. Take notes on any reading assignmentsYou need to figure out what works best for you. I would suggest 5-minute breaks between subjects and time frames that fit your ability to focus. However, once the schedule is set, try to use the same exact schedule every day.
2. **Cure to feeling overwhelmed**: Because you've devoted significant time to each subject each day and all of your notes are in order, you'll be very familiar with the content. You will be able to write your own study guide for the upcoming test. You'll have removed the mystery from "What should I study?" Your class notes, homework, and reading notes will be your guide.
3. **The night before** the major test, prepare by doing the following:
 - a. Compose your own study guide (in the form of a checklist or outline) based on your class notes, reading notes, and homework assignments.
 - b. Phone a friend, or "study buddy", to confirm that his/her study guide looks the same.
 - c. Spend some quiet time to review and memorize, using your study guide like a checklist.
 - d. Get a good night's sleep!

Try this 20-minute per subject per day method until your next major test and see what a difference it makes!

Look for articles in future newsletters to learn how to improve your notetaking and reading skills.