

Test Prep 101 Lesson 1: Why is it important to know how to prepare effectively for a test?

How do you currently get prepared for exams?

If someone asked you how to prepare best for an exam, what strategy would you suggest to them?

What is your ideal result from getting prepared for exams?

Do you think the way you take tests is a good reflection of how intelligent you are? If not, why?

What do you hope to get from studying ways to improve your test prep?



Test Prep 101 Lesson 2: What do we need to do in order to effectively prepare for a test?

What are the three steps we suggested you should follow?

Which of the three steps is your strongest? Knowing the material, practicing the material, prepare yourself

Which of the three steps is your weakest? Knowing the material, practicing the material, prepare yourself

What is one way you think you could improve your weakest area?

How are you going to make sure these next videos are valuable for you?



Test Prep 101 Lesson 3: What is a good strategy for knowing the material for a test?

What was the most important skill Skylar suggested you should do?

Why is copying someone's review sheet not helpful?

Which matters more, internalizing the material or having everything written down?

What was your biggest takeaway from this chapter?

What impact will making your own review sheet have on your week?



Test Prep 101 Lesson 4: Why do so many students struggle to know the material for a test?

What is the difference between short-term and long-term memory approaches?

Which of those two is most like your approach?

Why is cramming harmful for you?

Are there any positives to cramming? Why is it still so hard to not cram, do you think?



Test Prep 101 Lesson 5: How do I develop a long-term approach to knowing the material for a test?

Describe in your own words how to build a long-term approach into your test prep.

How much of your study time do you schedule out in advance?

What are some of the impacts of spreading out your study sessions?

Why is this difficult to do?

If you consistently had a long-term approach, what would it do for your grades and free time?



Test Prep 101 Lesson 6: How do I practice material for a test?

How is practice different than knowing the material?

What are 3 things to try practicing for a test?

How do you think practicing could help your grades?

Which of these ways are you going to apply this week? What is going to be your biggest hurdle?



Test Prep 101 Lesson 7: How do I prepare myself for a test?

What is the simple act Skylar suggested you should try?

How would you apply “tell yourself a different story”?

How is nervous energy different than excitement?

What does it look like to actually tell yourself a different story when going into a test?

How effectively have you been in preparing yourself to take a test in the past? Have you ever felt like you didn't do as well on a test as you could have?

What is one way you can make sure you do better consistently?



Test Prep 101 Lesson 8: What happens if I bomb a test?

Have you ever bombed a test? Why?

What happened when you bombed a test in the past?

When was the last time you evaluated your success or failure?

What are the three things that interact to help you be successful?

Do you agree with the statements, “I can” and “I will” succeed?

How can you grow in this area to a better student?

