



LASSI Worksheet: Self-Testing (SFT)

Name:

The goal of self-testing is to assess how much you know before taking an exam. You can test your readiness by creating activities that mimic the content of future exams. Examples of self-testing tools include flash cards, practice tests, and chapter quizzes in textbooks.

Benefits of Self-Testing:

- Increases exam readiness.
- Improves studying efficiency by exposing strengths and weaknesses.
- Reveals areas for improvement, or topics to get help with.
- Reduces test anxiety and boosts self-confidence.

Activity: What self-testing strategies do you already use? Which one is most helpful and why?

Strategies for Self-Testing:

- Use flashcards or a flashcard app. Find apps for your phone here: tinyurl.com/oky3hlx.
- Write out responses to chapter quizzes found in your textbook.
- Complete homework problems without any notes to see how much you know. Make sure to check your work when you are done.
- Treat practice tests as if they were the actual test (no books, no notes, no partners, time yourself). When you are done, correct any mistakes or incomplete answers.
- Join a small study group of 2 or 3 people and quiz each other.
- Explain challenging concepts out loud or to other peers.
- Write down notes from memory in your own words to gauge your understanding.

Activity: Of the strategies listed above, which one(s) will you try applying toward your next test? How will this be helpful for you?

Sac State Can Help!

Academic Advising

Lassen Hall 1013 | (916) 278-1000

<https://www.csus.edu/acad/>

Career Center

Lassen Hall, 1013 | (916) 278-6231

www.csus.edu/careercenter

PAL Office Hours

<https://sites.google.com/view/pal-at-sacstate/office-hours?authuser=0>

Peer Academic Resource Center (PARC)

Lassen Hall, 2200 | (916) 278-6010

www.csus.edu/parc

Science Educational Equity (SEE)

Sequoia Hall, 320 | (916) 278-6519

<https://tinyurl.com/y2tk5e6p>

Other Helpful Resources:

10 Reasons Why Practice Tests Help Make Perfect Exams

Tinyurl.com/zoptao9

After Watching This, Your Brain Will Not Be the Same

Tinyurl.com/zjf8vvj

Exam Prep Tips

Tinyurl.com/d36gevs

List of Flashcard Apps

1. Cram (cram.com/flashcards/apps)
2. Flashcards+ by Chegg (chegg.com/mobile/download-flashcards-app)
3. Quizlet (quizlet.com/mobile)
4. StudyBlue (studyblue.com/online-flashcards)

Explore and Reflect: Pick at least 2 of the resources listed above, and check them out, virtually! Reflect on your experiences, and write about how they affected your study habits. Were these resources helpful? Why or why not?
