



## 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?

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### Strategies for Self-Testing:

- Use flashcards or a flashcard app. Find apps for your phone here: [tinyurl.com/oky3hlx](https://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?

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## Sac State Can Help!

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### 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](http://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](http://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](https://tinyurl.com/zoptao9)

#### After Watching This, Your Brain Will Not Be the Same

[Tinyurl.com/zjf8vvj](https://tinyurl.com/zjf8vvj)

#### Exam Prep Tips

[Tinyurl.com/d36gevs](https://tinyurl.com/d36gevs)

#### List of Flashcard Apps

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

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