



Test Preparation Checklist for **Middle Schoolers**

A Month Before

- ☐ Look over notes daily for more exposure to the material.
- ☐ Organize your notes by subjects and sub-topics in a binder or notebook.

A Week Before

- ☐ Ask your teacher what types of questions will be on the test and what material is best to study.
- ☐ Chunk information into like categories to study like topics together.

The Day Before

- ☐ Have a brief study session but do not exhaust your brain.
- ☐ Prep everything you will need in the morning.
- ☐ Lay out your clothes
- ☐ Back your book bag and lunch box
- ☐ Set an alarm
- ☐ Go to bed a reasonable time for a good night's sleep.

The Day Of

- ☐ Eat a healthy and filling breakfast of carbs and protein.
- ☐ Take gum to chew during your test to increase alertness.
- ☐ Do your best!