知识备考清单

—理查德˙菲尔德

* 你是否认真努力地去理解过课文？(仅仅是找出课文里有解答过程的例题不算)
* 你是否跟同学讨论过作业中的问题 或者 至少和其他人对过答案？
* 你是否尝试过，在和同学讨论之前，先列出每道作业的解题大纲？
* 你是否积极参与作业小组中的讨论、贡献自己的观点 并提出问题？
* 当你遇到问题的时候，是否会去咨询讲师或助教？
* 交作业的时候，你是否已经弄清了所有问题的答案？
* 对于作业中不明白的问题，你是否在课上提出疑问、寻求解答？
* 如果你有辅导书，在考试前，你是否已经认真通读它、并且相信自己弄明白了书上所有的问题？
* 你是否尝试略过具体计算，直接快速写出一些问题的解题思路？
* 你是否和同学一起复习过辅导书上的内容和其他问题，并相互提问？
* 如果考前有复习课，你是否参加过、并对自己不确定的部分提出疑问？
* 最后，考试前睡眠时间安排是否合理？

如果你的回答是“不”，那么前面所有问题的回答可能都不重要了。

不要小看一场考试，就像战斗机飞行员和医生，在起飞或者手术前需要检查清单一样，在考前检查你自己的备考清单，可以提高你的胜算 在完成菲尔德博士的清单之后，你就会对“我该如何准备考试”这个问题有明确的答案了。

原文字幕：

We've mentioned it earlier, but it's worth repeating. Testing is itself an extraordinarily powerful, learning experience. This means that the effort you put into test-taking, including the preliminary mini test of your recall and your ability to problem solve during your preparation is of fundamental importance. If you compare how much you learn by spending one hour studying, versus one hour taking a test on that same material, you'll retain and learn far more as a result of the hour you spent taking a test. Testing, it seems, has a wonderful way of concentrating the mind. Virtually everything we've talked about in this course has been designed to help make the testing process seem straightforward and natural, simply an extension of the normal procedures you use to learn the material. So it's time now to cut directly to one of the final features of this course. A checklist, you can use to see whether your preparation for test taking is on target. This checklist was developed by legendary educator Richard Felder. Although, it was originally developed for engineers, it's actually suitable for many disciplines. As Doctor Felder says the answer to the question, how should I prepare for the test, is do whatever it takes to be able to answer, yes. Meaning, usually to most of the questions on this list.

**A Test Check-list**

* Did you make a serious effort to understand the text? Just hunting for relevent worked-out examples doesn't count.
* Did you work with classmates on homework problems or at least check your solutions with others?
* Did you attempt to outline every homework problem solution before working with classmates?
* Did you participate actively in homework group discussions contributing ideas and asking questions?
* Did you consult with the instructor or teaching assistants when you were having trouble with something?
* Did you understand all your homework problem solutions when they were handed in?
* Did you ask in class for explanations of homework problem solutions that weren't clear to you?
* If you had a study guide, did you carefully go through it before the test and convince yourself you could do everything on it?
* Did you attempt to outline lots of problem solutions quickly without spending time on the Algebra in calculations?
* Did you go over the study guide and problems with class mates and quiz one another?
* If there was a review session before the test, did you attended and asked questions about anything you weren't sure about?

And lastly, did you get a reasonable night's sleep before the test? If your answer is no, your answers to all the preceding questions may not matter.

Taking a test is serious business. Just as fighter pilots and doctors go through checklists before takeoff and surgery. Going through your own test preparation checklist can vastly improve your chances of success. The answer to the question. How should I prepare for the test becomes clear once you've filled our Doctor Felder's checklist. I'm Barbara Oakley. Thanks for learning How to Learn.