

# Preparing for the West-B: Feeling Confident, Finishing Strong!

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## Reflection #1: Reviewing the Test Objectives

I am going to become familiar and comfortable with the content. I should review the actual test objectives of the West-B.

Which test objectives do not make sense to me? What terms in the objectives do I need clarification on? (Write in the space below)

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What tools are readily available to me, or would I have to acquire, to help me meet these objectives?

**Tools available to me**

**Tools I would need to acquire**

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**Reflection #2: Studying by Section: Math**

What areas do I need to strengthen to study for the math section? What resources do I have or need to acquire to strengthen these areas?

**Areas I need to strengthen in math**

**Resources I have/need to acquire for help**

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**Reflection #3: Studying by Section: Writing**

Here is what the writing section of the West-B requires:

- Fluency and quality of discussion
- Organization, logical sequence of ideas
- Developing the argument
- Word choice, sentence structure
- Correct mechanics i.e., spelling, capitalization, punctuation

**Areas I need to strengthen in writing**

**Where can I find helpers for these areas?**

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**Who can I reliably count on to read my practice writing pieces and give me substantive feedback?**

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**Reflection #4: Studying by Section: Reading**

Here is what the reading section of the West-B requires:

- Read and comprehend idea and supporting details
- Critical thinking i.e., fallacies, credibility, facts/opinions
- Writer’s purpose
- Predict outcomes, draw conclusions
- Analyze the writer’s stated or implied purpose
- Apply graphs, charts, tables to reading selections
- Select solutions
- Identify sequence of steps or events

**Areas I need to strengthen in reading**

**What can I read that would enable me to work backwards and write questions based on the list of West-B requirements above?**

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**Who can I reliably count on to let me tell them about something I am writing and discuss some of the questions I've come up with? Who can I reliably count on to ask me those questions if I am unable to come up with my own questions?**

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**Reflection #5: Creating a sense of trust and belonging with others prior to the actual test.**

With whom could I create a study group?

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List specific ways that the group can support/assist each other with content comprehension and accountability i.e., "We will e-mail each other every Sunday with a list of exactly what we intend to accomplish in the upcoming week for studying."

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Here is who I can ask to support either my morale or my academics outside of class i.e., friends, faculty, colleagues at work, family.

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**Reflection #6: Based on your current scheduling challenges and what you can predict will come up, time-wise, before the test, create a timeline of what you need to accomplish and by when... prior to taking the test.**

**Two+ months prior**

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**One month prior**

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**Two weeks prior**

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**Reflection #7: Reducing anxiety**

What physical symptoms do I usually experience when I feel anxious or nervous?

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How can I manage those physical symptoms prior to the test?

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What will I eat in the days leading up to the test? The morning of the test?

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**Reflection #8:**

What “what if’s” am I worried about? Don’t over think or judge yourself for them... just write whatever you actually feel! What are the practical realities of those “What if’s?”

**My What If’s**

**Practical reality check of my “What if’s?”**

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