



TEST-TAKING TIPS FOR STUDENTS

BEFORE THE TEST...

- √ Get plenty of rest the night before.
- √ Eat a nutritious breakfast before the test. Avoid high sugar foods.
- √ Wear comfortable clothes.
- √ Arrive at school on time. You will feel more relaxed if you're not rushed, so wake up a few minutes early.
- √ Relax. You'll do better if you don't worry. Try to remember that the results of the test help your teachers plan for your education. It's your time to "show what you know."

IF YOU ARE "STRESSED OUT" ABOUT THE TEST, HERE ARE FOUR STRESS BUSTING STRATEGIES:

- √ Slow down and relax.
- √ Take slow, deep breaths.
- √ Close your eyes and think positive thoughts.
- √ Take a moment to prepare for the test. Be sure you have two sharp pencils and a good eraser.

DURING THE TEST...

- √ Always listen and follow directions.
- √ Make sure to mark your answers in the right place on your answer sheet.
- √ Darken the circles completely.
- √ Take your time and read carefully.
- √ Read all written directions carefully before you begin.

READING QUESTIONS:

- √ Read the entire question or story before you answer.

MULTIPLE-CHOICE TEST:

- √ Try to answer the question before looking at the answers.
- √ Read all your answer choices before selecting your final answer.
- √ If you are not sure, eliminate answers that you know are wrong before you make a guess. Remember, there's no penalty for guessing! If you leave it blank, it will be marked wrong. Guessing is OK if you don't know the answer, but eliminate wrong answers first.
- √ Think about your answers. Don't second-guess your answers. Your first answer often is the right answer.

WHEN YOU FINISH WITH THE TEST...

- ✓ If you have time, go back and review your answers.
- ✓ Check that you have answered every question.
- ✓ If you find a mistake, erase completely and carefully, and bubble in the correct answer.
- ✓ Check for any stray marks and erase them.