



## Test-Taking Tips for Elementary School Students

### BEFORE THE TEST...

- √ Get plenty of rest.
- √ Eat a nutritious breakfast.
- √ Wear comfortable clothes.
- √ Arrive to school on time.

### STRESS-BUSTING STRATEGIES:

- √ Slow down and relax.
- √ Take slow, deep breaths.
- √ Close your eyes and think positive thoughts like "I can do this".
- √ Be sure you have two sharp pencils, and a good eraser.

### DURING THE TEST...

- √ Pay attention to directions.
- √ Mark your answers in the right place on your answer sheet.
- √ Read all written directions carefully and take your time.

### WHEN YOU FINISH WITH THE TEST...

- √ If you have time, go back and review your answers.
- √ Check that you have answered every question.