

Test taking strategies



ATTITUDE



- Go in with a positive attitude (think positive thoughts instead of negative thoughts).
- Remember one test will not make/break you.
- Don't assume the worst.
- Use positive self-talk instead (be your own best cheerleader).
- You will get through this test, take deep breaths, and try your hardest!

BEING PREPARED:

- Develop good study habits
- Plan to study in advance- don't cram (study a little each night).
- Learn about the test (if you can)
- Know what types of questions are on the test.
- Know what information you will need to know to study for the test.
- Get a good night's sleep
- Fuel your body



BEING MENTALLY PREPARED:

- Build your confidence with positive self-talk
- Relaxation techniques:
 - The Bodybuilder (tensing muscles and then releasing them by muscle group)
 - The Superstretch (stretching all of your muscles by reaching into the sky)
 - The Playful Wind (deep breath in to pull the boats toward shore, deep breath out to push them out to sea).
 - Breathing in “4” (Breathe in to the count of four, hold it to the count of four, breathe out to the count of 4).
 - The Palming Method (palms over your eyes and imagine your peaceful place- breathe deeply).

TEST TAKING TIPS/TRICKS:



- Answer the easiest questions first
- If you do not know an answer, skip the question and come back to it. You might find some helpful hints in other parts of the test.
- Always read the whole question and all of the answers first before choosing one.
- Never rush (the test is not a race)!
- Circle key words in difficult questions.
- If you are having trouble on a multiple choice question, eliminate answers that you **KNOW** are wrong first and then go back and see what is left.
- Double check your work. Silly mistakes happen when we are anxious and rushing.