

TEST TIPS



GETTING READY... IN MIND AND BODY

- 1) Get plenty of sleep the night before each test. Cramming won't help, so relax by reading or spending time with a hobby.
- 2) Hunger hurts! Not only does it hurt your stomach and growth, but also it never helps your test taking either. Eat your normal breakfast and maybe a bit extra. Don't try any new or unusual foods.
- 3) Get everything else out of your mind and think only of doing your very best.
- 4) Talk to a parent. Tell your parent if something worries you. Be sure to tell them you will give the test your very best each day on the test. And then "just do it"!
- 5) Try a little exercise in the morning to get the blood flowing – jumping jacks, running in place, etc.
- 6) A morning shower may help you shake the sleepies.
- 7) Dress comfortably.
- 8) If you wear glasses be sure to have them with you!
- 9) Have a special snack with you each day. Ask your parents to buy something for you.



MAKING THE BEST USE OF YOUR TIME ...



- 1) The test is timed. Don't rush, but don't delay either. Use a medium pace.
- 2) Answer the questions you are sure of first.
- 3) If you are stumped by a question, go on with the test. Then come back later to try it again. Make a note on scratch paper of the questions you want to go back and recheck.
- 4) Look over your work, if you finish early.



MAKING FEWER MISTAKES

- 1) Read all directions carefully. Understand what you are supposed to do before starting.
- 2) Ask your teacher for help if you don't understand the directions. Do this before your teacher says; "go" to start the test.
- 3) In the multiple-choice section, be certain to read **each** answer. Select the correct answer. If you are unsure then try to eliminate the answers that are totally wrong. This will increase your chances of selecting the correct answer.
- 4) Try every single question. Even if you're not certain, try to give your best choice.
- 5) On the written section, you **must** write in full and complete sentences.
- 6) Again - try every question. You may not know everything about a question, but you **should** always write down **everything** you know about the topic.

