

Test Taking Tips

In the days before the test:

1. Make a commitment to do your best.
2. Be well prepared for the test, this is the best way to reduce test anxiety.
3. Pay attention in class and fully complete any study guides.
4. Ask your teacher if you are unsure of the material that will be included on the test.

The day of the test:

1. Get a good night's sleep and eat a good breakfast.
2. Keep a positive attitude during the test and try to stay relaxed. If you start to feel nervous put your pencil down and take a few deep breaths to relax.
3. Clear your mind of all worries and distractions.
4. Review the whole test before you start. See how many sections there are and what types of questions are on the test. Consider how much time to allow for each section, basing your decision on the point value of each.
5. From your first look at the test, take quick notes on ideas you might forget. For example, you may want to outline your answers to written response and essay questions right away.
6. Always read the whole question carefully, don't make assumptions about what the question might be asking.
7. Answer easy questions first. Answering easy questions may jog your memory about useful facts. You may also come across information that can help you with other questions.
8. Write legibly. If the teacher can't read what you wrote they will most likely mark it wrong.
9. Eliminate answers which you know are wrong, and then check the remaining responses for key words.
10. Identify key words. This will help you focus on the main idea of challenging questions.
11. Keep your eyes on your own paper. You could appear to be cheating and cause unnecessary trouble for yourself.
12. If you complete your test with time left, be sure to go back and check your work.

(College Board)