

TOP-NOTCH TEST-TAKING TIPS!

Be Prepared!

Prior to a test, make sure to get a good night's sleep.

Eat a good breakfast in the morning before the day of a big test.

Be prepared with supplies you'll need for the test, such as a number 2 pencil.

Have Confidence!

If you've studied and properly prepared, you shouldn't need to worry. Remember that it doesn't help to worry or stress yourself out. So don't let worry or stress get in the way of the work you've done to prepare for the test.

Don't Rush!

Take your time when answering test questions so you don't make a mistake just because you went through it too quickly. Slow down, think through each question and at the end of the test, use any extra time to go back through and double-check your answers.

Stay Calm!

Don't let nerves get you worked up. Taking a few deep breaths can help you relax and refocus your mind.

Stay Strong!

During testing, think back to all the review you did prior to the test and don't let trick questions get the best of you. Use your studying and test-taking strategies to stay strong, and calm those nerves, throughout the test.

Trust Your Instincts!

Don't be afraid, give it your all and if you are struggling, use your knowledge and strategies to answer the best you can. Remember how much you've learned, how far you've come and continue to challenge yourself to the best you can be.

Just try hard, give it your best, and continue to grow and learn!

You've got this!

