

# TEST-TAKING TIPS

## BEFORE THE TEST

1. Make sure you plan for enough time to study. Preparation is the #1 way to do well.
2. Ask your teacher what topic areas are most important to study. You might get some hints for what's on the test.
3. Make sure you get enough sleep the night before the test. On test day, have a good breakfast or lunch. And use the bathroom right before the test. Keeping your body happy will help you to concentrate.
4. Show up early for the test. Remember to bring all of the materials you'll need to take the test (extra pens and pencils or a calculator, for example).

## DURING THE TEST

1. Keep a good attitude. If you start to feel nervous, take a few deep breaths to relax. Think, "I can do this."
2. Do the easiest problems first. Don't stay stuck on problems that are hard. If you have time, go back to them at the end.
3. Take your time. Rushing through a test can cause you to make careless mistakes.
4. If there's time, look over your test before you hand it in. (You might have missed a question.) But don't change any of your answers unless you are sure about them. Most times the first answer you pick is right.