

# Test-Taking Strategies

## ***Brain Boosters***

Our brains require certain treats to think properly. Below are ways to help make sure that you will be alert and ready for the test.

- Get a good night's sleep. It's important to get eight hours of sleep because your body needs time to rest.
- Make sure you take deep breaths. Your brain needs a lot of oxygen.
- Wake up with a positive attitude. Smile, put on your best outfit, and get to school on time.
- Eat a well-balanced breakfast. Your brain needs fuel, or nutrients, to function. Water and proteins are good nutrients for the brain. Stay away from high-sugar foods.
- Relax. Your brain knows when you feel stressed, worried, or anxious. Trust what you know. Do your very best.

## ***Test Tips***

To be successful on tests keep the following thoughts in mind:

- Stay in a good mood. A positive attitude can really help.
- Stay focused. Don't let others distract you during the test.
- Take your time filling in the circles on the answer sheet, but do not waste all your time (Refer to Marking Your Answers).
- Always review your answers before closing the testing booklet. Make sure that you have answered every question. Careless mistakes often cause wrong answers.
- Ask the teacher to seat you where you are comfortable. You should be aware of what distracts you. It is important to become responsible for your own needs.
- Come to school prepared for the test with sharpened pencils and clean erasers. You don't want little things like having to find a pencil take time away from completing the test.
- Read all directions carefully. If you are unsure about the directions, ask your teacher for help. You should never be embarrassed to ask for help. It's better to make sure you understand the directions than to get an answer wrong (explain the difference between asking for clarification of directions versus asking for help on the test).
- Don't worry about anyone else's work. A test is not a race.
- Attempt to answer all the questions. On many tests there is no harm in guessing.
- Don't spend too much time on any one question. You don't want time to slip away and then have to rush to finish.
- Don't second-guess yourself. Always stick with your first answer if you are unsure.
- Do your best. During a test, you can either choose to be your own best friend or your own worst enemy. It is easier to be your own best friend.