

5 Basic Test Taking Strategies

1. Before beginning the test, flip through the booklet and **preview the test**.
On test day, I have _____ minutes to answer _____ questions.
2. Be sure to **understand what the question is asking** before selecting an answer.
3. **Circle key words and numbers.**
4. **Use all of your time.** Review your answers with any extra time or return to questions you were unsure of.
5. **Answer all of the questions.** Short and extended response questions have opportunities for partial credit.

5 Tips for Test Anxiety

1. **Relax**, and take a deep breath.
2. **Listen to music before the test.** This will help you calm down and regain your focus before the test.
3. Remember **this test is just one indicator of what you have learned.** You are so much more than a test! The outcome does not define you as a person.
4. The test makers know and understand that all students will not be able to answer all of the questions. They **do not expect you to know all of the answers.**
5. This test is **an opportunity to show what you know!** You have been prepared well for this test. Take a deep breath and show the what you have learned.

Test Day Reminders

1. Get a good night's sleep the night before.
2. Eat breakfast.
3. Remember to bring multiple number 2 pencils and an eraser.
4. Show up to the test five minutes early so you don't feel rushed.
5. Be confident! This test is just another opportunity to show what you know!