

Top Test Tips

Preparing for the Test

- Don't cram. Study ahead, across several days.
- Get a good night's sleep.
- Eat a good breakfast.

Right Before the Test

- Review your notes one last time.
- Visualize yourself being successful and getting the grade you want.
- Keep it all in perspective. Realize that if you don't do well, it is not the end of the world. Tests are a part of schooling, but the thing that matters most is that you are learning.

During the Test

- Before you begin, quickly write down things in the margin you think you might forget. Now you can relax and refer to these notes during the test.
- Pause to take deep breaths, during the test, if you start feeling stressed.
- Do the easier questions first. Save the harder, more time-consuming questions for last.
- Put a checkmark by answers you weren't sure about. Revisit these questions near the end of the test.

After the Test

- If you did well, celebrate.
- If you did not do well, reflect on how you could have prepared better and do those things before your next test.