

Test Taking Strategies



HAVE A GOOD NIGHT'S REST

Sleeping well and having a full night's rest will help keep you alert and focused throughout the test.

Eat A Nutritious Breakfast

Eating a healthy, nutritious breakfast will give you the energy you need to power through a lengthy exam.



Wear Comfortable Clothing

Wearing comfortable and warm clothing will help keep you relaxed.



Thinking Positive Thoughts

Telling yourself positive phrases such as "I can do this" or "I got this!" can help relax and calm you. Having confidence goes a long way!



Avoid Negative People

IF YOU KNOW SOMEONE WHO IS NEGATIVE ABOUT THE EXAM, STAY AWAY FROM THEM! THEY MAY RUB OFF ON YOU AND CAUSE YOU TO WORRY MORE ABOUT THE EXAM.

Read Directions Carefully

Take your time to read the directions carefully so you know exactly what you need to do and what is being asked of you.



Pace Yourself



Be aware of how much time you have to answer questions so you know when to move onto the next question. Feeling rushed can often lead to anxiety.

Change Your Sitting Position

To help stay relaxed and comfortable, change the position that you are sitting in. Sitting in one position for too long can leave you feeling restless.



Take Deep Breaths

Take a few deep breaths when you're feeling anxious to help you relax and calm down.

