

Test-Taking Tips

Before the test...

- Get a good night's sleep. In the morning, eat a healthful breakfast.
- Before you leave home, make sure that you have everything you need for the test. (Pencils? Pens? Paper? Books? Calculator? Anything else?)
- Get to class on time or a few minutes early.

As soon as you get the test...

On the back of your paper (or on a piece of scratch paper) quickly write down anything you think you'll need for the test. Write down key ideas, dates, vocabulary words, and names. Sketch simple maps and diagrams.

Taking the test...

Use the **STAR** Strategy

Survey the test and get an idea of how much time you can spend on each question. Mark any questions you think you can answer quickly.

Take time to read the directions **CAREFULLY**.

AnsWER the questions. Start with an easy one to boost your confidence. Skip the ones you can't answer.

Reread the questions and your answers. Make any needed changes. Return to any questions you've skipped and try again.

If you start feeling anxious, take a short relaxation break. Close your eyes and breathe deeply.

Remember that tests are just ONE measure of how you're doing in school.

(I recreated this advice from a photocopy that didn't include the original author's name.)