

D O N ' T F R E A K O U T !

Test-Taking Tips

Test taking can make anybody nervous, even an A student! No matter how prepared you are for a test, feelings of anxiety can surface because you may believe you have only one opportunity to show what you know. Remember, though, one test score is not going to ruin your chance of getting into college! Here are some other things to remember:

- Tests make everyone a little scared. Just ask your teacher how she felt when she took her exams in college to become a teacher.

- Try to be positive. Say things to yourself such as, "You know this material because you studied long and hard." Or, "You can do it. You have really been paying attention in class."

- Try to relax. Take deep breaths and slow down.



(addition, subtraction, multiplication, division) and always double check your work.

- Make sure you get to bed early the night before an important test. Drink plenty of water and even if you have "butterflies" in your stomach, eat breakfast the morning of the test. Sleep, food and water help your brain to work better!

If being nervous about test taking is a real problem for you, ask yourself why. Are

you waiting till the last minute to prepare and study? Has your confidence been shaken because of a previous poor test score? If so, you should talk to your parents or your teacher. It's natural to be nervous, but talking about it might make you feel better and maybe you need help and advice to be successful.

- If it's a multiple choice question, read ALL the choices before you pick the best answer. If the item is an essay or short answer question, write down as much as you can about the subject and really support your answer. If we're talking math, copy the problem carefully, watch the signs