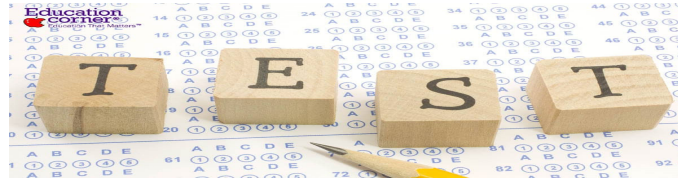


# TEST TAKING STRATEGIES



Are you a good test taker? Do you experience test anxiety? Take a look at these test taking strategies that can help you to strengthen your test taking skills and to help ease the anxiety!

1. **BE PREPARED!** There is no substitute for being prepared.
2. **ALWAYS ARRIVE EARLY AND TAKE TIME TO RELAX!** It is always good to relax your brain right before a test and take a deep breath. If you arrive early, you can ask any questions that you might need to ask your teacher regarding the test.
3. **LISTEN CAREFULLY TO THE DIRECTIONS!** It is not uncommon for the teacher to give some last minute directives. If you understand the directions, you will have less anxiety. Don't be afraid to ask the teacher to repeat the directions if you don't understand them.
4. **DO A MEMORY DUMP!** All of that information in your head is waiting to get out. Write down anything on a scratch piece of paper that you know you need to remember, such as formulas, dates or mnemonic helpers.
5. **READ THE DIRECTIONS AND TEST QUESTIONS CAREFULLY!** Every question can be different. Make sure that you read the directions and each question thoroughly before answering.
6. **PLAN HOW YOU WILL USE ALLOTTED TIME!** Do a quick visual of the test and estimate how much time you will need for each question. Pace yourself and answer the questions you know that you know first.
7. **LOOK FOR CUES!** If there are two similar answers, they usually aren't correct. Make sure that answers grammatically line up. Look for cues in the question itself.
8. **ANSWER ALL OF THE QUESTIONS!** Especially in multiple choice or T/F. Most teachers will give partial credit if you attempt to answer the question and show some of the work.
9. **KEEP A POSITIVE ATTITUDE!** Keep telling yourself that you are going to do fine and that you are going to do your best.
10. **RELY ON YOUR FIRST IMPRESSIONS!** The **FIRST** answer that pops into your mind is usually correct!

Get a good night's rest and have a healthy breakfast before the test day.

For more information, check out: [www.testtakingtips.com](http://www.testtakingtips.com)