Test-Taking Tips

Adapted from, “Tyler Tames the Testing Tiger,” by Janet M. Bender, M. Ed.

Presented by the Elementary School Counselors
Before we get started...

Please complete the “Test Yourself on Test Anxiety” survey.
Be Prepared (as much as possible)
Reframe Your Thinking about Tests

ME ≠ Test Grade

ME > Test Grade
Practice Good Listening (Stop, Look, Listen)

**STOP**
what you are doing and keep hands, feet and body still.

**LOOK**
at the speaker.

**LISTEN**
with your ears and think about what is being said.
Is My Fear Real or Imagined?

Fear of tests can cause some people to get nervous and do worse than they would do if they were relaxed. Think about why you are afraid of tests. Talk about it with someone you trust.

Can it hurt you like a wild tiger could???
Study day-by-day. Don’t Cram!

Studies show that most people remember facts better when they review and repeat them in several short sessions over time, rather than trying to cram a lot of information in one long session the day before a test.
Watch the Time

Pace yourself.

Not too fast
Likely to make careless mistakes

Not too slow
You may not get to all of the questions
Relax with Deep Breathing

Apple Pie Breaths

Pizza Breaths

“Belly Breathe”
Think Positive Thoughts

I can do this!
I know this stuff!
I am going to try my best!

I’m just not smart!
I’m going to get all of these wrong!
Prepare Your Body

Nutritious Food

Regular Exercise

Adequate Rest
Test Time Tips

Read Carefully- this includes questions, directions, passages, graphs, tables, etc.

Answer Easy Ones First- this makes you feel good and builds confidence!

Check Over Your Work-proofread; check for errors, omissions, double bubbles, stray marks, skipping an answer space, etc.
The Testing Camera