



Test-Taking Tips

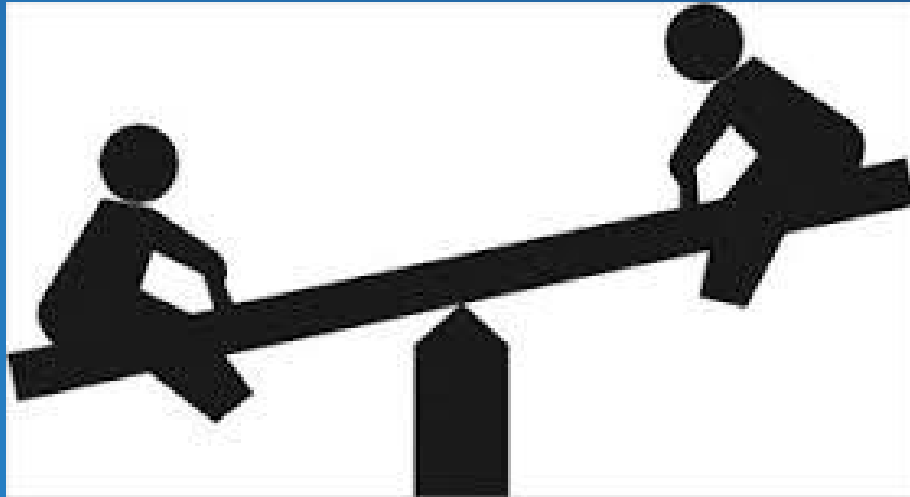
Adapted from,
“Tyler Tames the Testing Tiger,” by Janet M. Bender, M. Ed.

Presented by the Elementary School Counselors

Before we get started...

Please complete the “Test Yourself on Test Anxiety” survey.

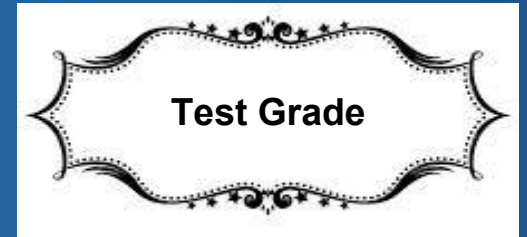
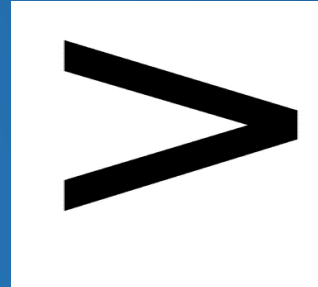
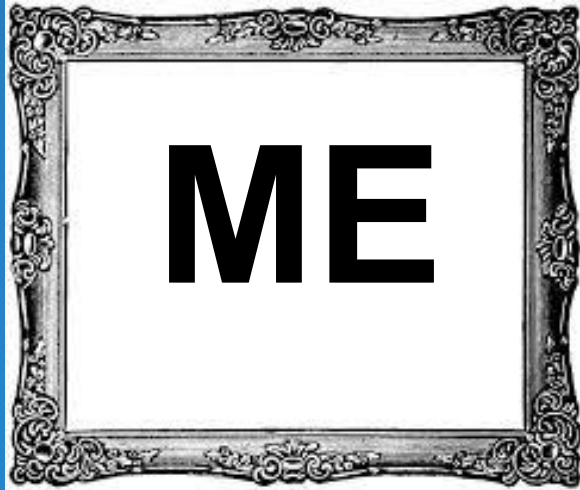
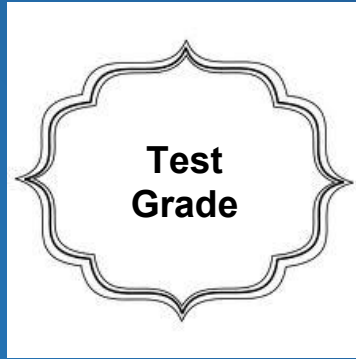
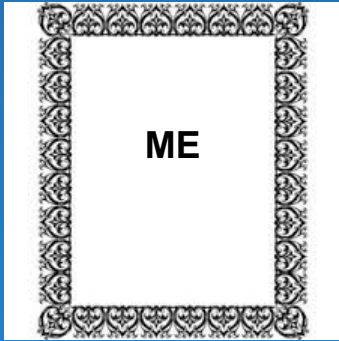
Be Prepared (as much as possible)



High
Preparation



Reframe Your Thinking about Tests

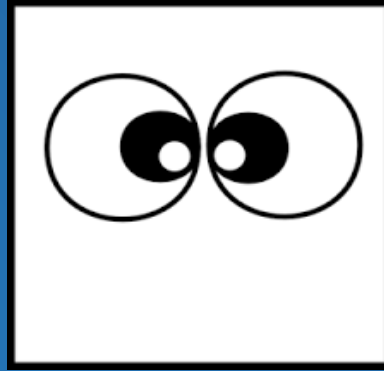


Practice Good Listening (Stop, Look, Listen)



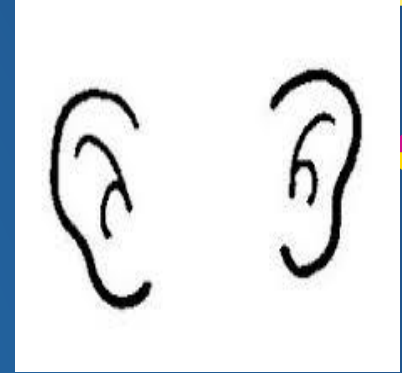
STOP

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!



This is terrible!

I'm just too smart!

I am going to give
up on this!



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

