

TEST TAKING TIPS



Parents

- ★ Mark down the test days on your calendar so you know which test you are taking
- ★ Parents should keep a positive attitude about test and talk to your child about the test to help relieve stress
- ★ Make sure your child gets a good night's sleep before the test
- ★ Encourage your child and praise them. Children who are afraid of failing are more likely to become anxious on taking test and more likely to make mistakes.

Students

- ★ Being well prepared for the test is the best way to reduce test taking anxiety
- ★ Eat a healthy breakfast, avoid heavy foods or those with high sugar content
- ★ Exercise for a few days before the test to help reduce stress
- ★ Stay relaxed, if you get nervous take a few deep breaths slowly to relax yourself then get back to work
- ★ Read the directions slowly and carefully
- ★ Don't worry about how fast other people finish their test; just concentrate on your own test
- ★ If you don't know the answer, mark the best choice and put a star by that number so you may go back to it if you have time after completing the test. Don't waste all your time worrying about one question

