



# Tips for Taking a Standardized Test

## Before the Test

- Get plenty of exercise. It makes you alert, makes you stronger, helps you think more clearly, and increases your energy level.
- Get a good night's sleep the evening before the test.
- Avoid rushing on the day of the test. Have your clothes and books ready the night before.
- Eat a healthy, protein-rich breakfast the morning of your test.
- Arrive at the testing facility a few minutes early.
- Relax your mind before the test begins.

## During the Test

- Read the instructions carefully.
- Read each question carefully, paying attention to details.
- Pay attention to time passing in relation to the time provided.
- Don't get distracted by other testers in the room.
- If you come across a question that is difficult, don't spend all of your time on it. Move on and come back to it at the end.
- Don't second guess yourself by changing your first answers unless you are 100% certain.
- Eliminate answer choices which are known to be incorrect: then choose from among the remaining choices.
- Believe in yourself. You can do it!
- Don't fall into the trap of looking for patterns in the answers. There really can be three (or more) "C" answers in a row.
- When you are finished, look closely to make sure that you haven't overlooked any questions.
- Believe in yourself. You can do it!

## Other:

- Grades 4<sup>th</sup>-8<sup>th</sup> may have regular (non-scientific) calculators during the Math Problem Solving portion of the test.
- Make sure to have a novel with you at all times in case you finish early.