Good Test-Taker Strategies

Strategies to remember to help you through a test

1 Positive Attitude

8 Prepare Your Body

Get a good night's sleep the night before and eat a healthy breakfast.

It might be tough, but you can do it!
A good attitude goes a long way.

(2) Relax

If you feel nervous, relax your mind. Take a deep breath, stretch your legs, and think about something that makes you happy.

Try your test again!

(7) Get Un-Stuck

If you get stuck, don't get frustrated. Reread the question. If you need, circle it and come back later. Make the best guess you can.

(3) ME Only!

Don't worry about others.
Focus JUST on yourself.
Don't worry if others
finish before you.

6 Go Slow

Read directions slowly and carefully for each question.

(4) Focus, Focus, Focus

Focus on the question you are reading. Try not to day dream or goof around.

5 Do Your Best

Make sure you are doing your best work on your test. Think clearly, read carefully, and put forth your best effort.

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