

# TEST TAKING TIPS

**Have a Positive Attitude:** Approach the test as you'd approach a giant jigsaw puzzle. It might be tough, but you can do it! A positive attitude goes a long way toward success.

**Get Enough Sleep:** Being well rested may be the most important aspect of health when trying to stay focused and retain information. Your brain and your body need sleep to function well, so don't stay up late!

**Eat Healthy:** Did you know that you think better when you have a full stomach? If you are not eating well, you cannot possibly expect yourself to perform well. Don't forget to take time out to eat healthy!

**Get Enough Exercise:** Make sure you are active throughout the day. Walk up and down the hill instead of taking the easier route. This, and eating right, can even prevent insomnia.

**Test Time:** Understand how the test is scored: *do you lose points for incorrect answers or is it better to make guesses when you're not sure of the answer?* **Read the instructions carefully!**

**Mange your time:** Answering the easy questions first can be a time saver and a confidence builder. Also, it saves more time in the end for you to focus on the hard stuff!

**I'm Stuck!** Don't get worried or frustrated with a tricky problem. Reread it, and then try to solve it the best way you know how. If necessary, mark it and move on, you can come back to it later. If you have no idea about the answer, make the best guess you can...but only if you don't lose points for wrong answers!

**Multiple-Choice Questions:** Start by crossing off the answers that could NOT be right. Then spend your time focusing on the possible correct choices before selecting your answer. Is there any part of the question that might help you find the correct answer? Break apart the question so that you are clear as to the real question it is asking. Use the process of elimination.

**I'm Finished!** Not so fast-when you complete the last item on the exam; remember that you're not done yet. First, check the time and go back to review your answers, making sure that you didn't make any careless mistakes such as putting the right answer in the wrong place, skipping a question, etc.