

Test-Taking Tips for Parents and Students

Preparing for Tests

- Mark the test dates on your calendar
- Schedule appointments on *non-testing* days
- Get a good night's sleep, eat a good breakfast, and come hydrated (Protein and water is good for the brain)
- Arrive to school relaxed and on time
- Have a positive attitude
- Remember, test taking is only one measure of academic performance and does not determine self-worth

During Testing

- Read and pay careful attention to all directions
- Read each passage and accompanying questions
- Read every possible answer-the best one could be last
- Read and respond to items one at a time
- Re-read, when necessary, the parts of a passage needed for selecting the correct answer
- Try to get the correct answer by reasoning and eliminating wrong answers
- Only change your answer if you are sure the first one you pick was wrong
- If you begin to feel anxious, think of the test as an opportunity to show what you know, relax, breathe deeply, and focus on the question
- After completing the test, check your answers
- Keep a good attitude and think positively