

Am I ready to take this test?

- ☐ I understand what type of material I will be tested on.
- ☐ I know what types of questions to expect.
- ☐ I have asked my teacher the questions I had about the test, and my questions have been answered.
- ☐ I have gathered all the material I need for the test and studied it.
- ☐ I know what to do if I experience any symptoms of test anxiety.
- ☐ I feel confident that I have done all I can to prepare for this test.
- ☐ I am ready to do my best! 😊

Memorizing Tips

Flashcards – These can help you remember important words, names, or dates. Write the word on one side...write the meaning on the other. Use the cards to quiz yourself in the weeks before a test.

Visual aids – A timeline can help you put events in order. A chart can help you compare 2 or more items. Find one that works for you.

Visualization – Try to link images with words or names.

Memory shortcuts – Make a word or sentence out of the first letter of names or items you need to remember. If you need to know the names of the Great Lakes, think HOMES. Each letter in that word is the first letter in the name of a lake – Huron, Ontario, Michigan, Erie, and Superior.

A song – Try making a brief song out of words or facts you need to remember. Practice singing it to yourself in the days and weeks before the test.



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Some people really don't like to take tests. They get so afraid or worried about them that it affects their performance. But you can learn to control test anxiety!

Be Prepared...

Go to all classes and be an active participant. Complete all homework assignments. Make a study plan and stick to it...If you have questions, ask!

Learn about the test...

You should also do some studying about the test itself. You can prepare more effectively when you know more about the kind of test you'll face. Talk to your teacher. Know the following:

- When is the test?
- What subjects/chapters will the test cover?
- What types of questions will be on the test?
- What specific things (handouts, maps, vocabulary) do I need to study?

Take steps to reduce anxiety symptoms.

Think positive... Focus on your strengths, not your weaknesses. Tell yourself that you are calm and in control. Counter negative thoughts with positive ones. For example, if you think "I'm going to fail," tell yourself "I can do this."

Try deep breathing... Close your eyes and take a long, deep breath. Concentrate only on your breathing, nothing else. Hold your breath in briefly, and then exhale slowly. This technique can help you calm down.

Relax your muscles... Tighten your muscles in the area where you feel tense. Hold it and count to ten. Then relax your muscles, concentrating on the release of tension.

Ignore others... who cares if your neighbor is already on page two, or that someone just handed in their test. Focus on yourself!

