

Test-Taking Strategies

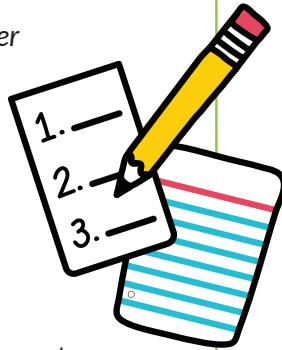
Want to ease test anxiety?
Learn strategies that can help you while taking the test.



- Read all directions carefully before you start the test.

- Think about past tests.

- What things help you do better on tests?
- What's the hardest thing you deal with during test-taking?
- Have you ever thought you would mess up on a test and wound up doing well?
- What will happen if you don't meet your expectations on a test?
- What can you do the night before a test to help you?
- Do you study better alone or with a classmate?



- Read the entire question—and all the answers—before you respond.

- Stuck on a question? Skip it and go back to it later.

- Check in with your body if it's feeling frazzled.

- Close your eyes and take 2-3 slow deep breaths. You may want to count to four as you breathe in, pause and hold your breath and then breathe out as you count to four.



- When you feel more calm, open your eyes and go back to your test.

- Finished with time left over? Double-check as many questions as possible.

