

Testing Tips

Deep breathing. This can slow a racing mind. Try this: breathe in for 3 seconds, hold for 3 seconds, and breathe out for 6 seconds. Repeat.

Think positive. Negative thinking will only increase nerves. Try repeating these phrases to yourself:
"I am prepared for this test"
"I am smart enough to do well"
"Even if I don't do well, it is not the end of the world"

Relaxation techniques.
Tense each muscle group, then relax them. Release the tension in your muscles to help calm anxiety.

Trust your gut. Usually your first instinct is right. Don't change your answer unless you have a good reason.

Visualize success.
Imagine yourself doing well on the test, feeling confident. This can help make it happen in real life.

Focus. Don't pay attention to what others are doing during the test. Focus on your test and pace and forget the other kids in the room.

Rock the Test

Don't cram. Study over time.

Take regular breaks during studying.

Teach others the material.

Get a good night's sleep.

Eat something before the test.

Drink water.

