



# Testing Tips for Students

## BEFORE THE TEST...

- Get plenty of rest the night before!
  - Set a bed time and wake time
- Share and discuss feelings of test anxiety
- Provide a healthy breakfast
- Be positive!
  - Remember, the test is only one measure of academic performance

## DURING THE TEST...

- Read the test directions
- Read each question carefully
- Fill in the bubbles completely
- Read every possible answer
- Re-read when necessary
- Try not to Panic!
- Relax – Don't Rush!
- Pace to finish, but not to hurry

### REMEMBER:

- Rushing increases mistakes
- Skip difficult questions, then come back later
- Don't spend too much time on one question
- Use any remaining time to check your answers

## AFTER THE TEST...

- Blow off some steam! Parents, Your child has been sitting most of the day. They will need to let out a little energy.
- Celebrate! Do something to celebrate your hard work and effort.