



Testing, Testing 1...2...3

STRESSED?!
Follow these guidelines to make testing day a lot less stressful!

Did You Know?

“Students learn 10% of what they read, 20% of what they hear, 30% of what they see, 50% of what is discussed with others, 80% of what they experience personally, and 95% of what they teach to someone else.”

-William Glasser

6 Steps to Being a Good Test-Taker:

1. Study, Study, Study!

Try explaining things in your own words to a friend or in the mirror.

Review often and review *out loud*.

2. Get off to a Good Start

Have everything ready to go the night before the test (pencils, calculator, I.D. etc.).

As soon as you get your test, write down anything you want to remember at the top of your test.

3. Develop a Plan

Before you begin answering questions, quickly look over entire test and develop a plan.

4. Mark Hard Questions

Don't spend a lot of time on difficult questions. Mark them and come back to them when you are done with the others

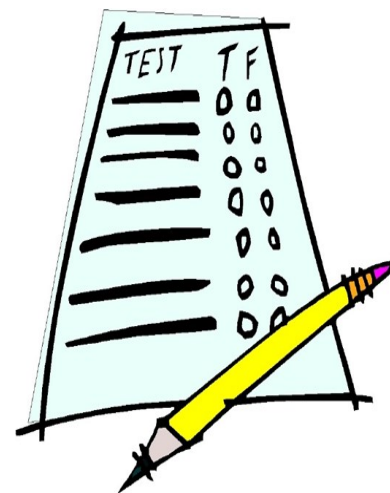
5. Increase Your Odds

When you read multiple-choice questions, try to come up with the answer *before* you look at the answer choices.

6. Check Your Answers

If you have time, check *all* of your answers. You may have made a careless mistake.

Use all of the time you're given.



Words to Live By

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

-Aristotle

“By failing to prepare, you are preparing to fail.”

-Benjamin Franklin

What is Test Anxiety?



The brain, like a computer, contains a great deal of information. This information is useless, however, if you're not able to “access” it when you need it. Having test anxiety is like not having the password for your computer. The information is there, but you can't get to it.

A little anxiety before a test improves your concentration and alertness. Too much worry, or test anxiety, can lower your test score.

Tips to Reduce Test Anxiety

- ⇒ **Start studying early.** Cramming only increases test anxiety.
- ⇒ Mentally practice going through the test. **Close your eyes and see yourself walking confidently into the room**, answering the questions correctly, and receiving the grade you want. Go through this mental exercise several times before the test.
- ⇒ The night before a test, review the material, and then **get a good night's sleep.**
- ⇒ **Eat a good breakfast** and give yourself enough time in the morning to get to school on time.
- ⇒ Walk into the test with your head up and your shoulders back. **Tell yourself that you are ready** and that you're going to do fine.



Try These Four Relaxation Techniques!



1. Take a deep breath. Then slowly release your breath, along with any tension. Do this until you feel your body relax.
2. Start at the top of your head, flexing, and then relaxing each part of your body.
3. Close your eyes and visualize warm sunshine washing over you, melting away the tension, and relaxing all of your muscles.
4. Think of a place where you feel very relaxed and calm. Close your eyes and visualize being in that place.

The more you practice these techniques, the better you'll get. If you continue to have problems with test anxiety, talk to your counselor.

What Your Peers Have to Say...

"If the problem instantly scares me, I move on and come back to it later. I attack the easier questions first. If you have to think about it for more than a second, move on."

Luis Lopez, 12

"When I'm really stressed, I just read books. I also play games. This helps get my mind off of what I'm stressed about and it helps me relax."

Hayley Hall, 10

"When I'm feeling stressed I like to work out and exercise. It helps to calm me down and get some of the stress out."

Sean Robins, 11

If you have a lot to do, prioritize your work to make sure you have enough time for the most important things.