



Test-Taking Tips for Students

1. Finish studying early enough to allow yourself 30-60 minutes to relax before bed
2. Allow yourself at least 7-9 hours of sleep the night before the test
3. Pack your backpack with what you need to write the test the night before
4. Bring a water bottle - it can be used to refresh you during the test
5. If your test is in the morning, make time for a healthier breakfast; if your test is in the afternoon, make time for a healthier breakfast and lunch; eat healthier snacks as needed to ensure you are not hungry (and distracted) when you write the test
6. Arrive a few minutes early so you can get settled in your preferred seat
7. Encourage yourself to maintain a positive attitude; use positive self-talk ONLY (i.e., I can do this, I prepared well, I know this, I know some of this, etc.)
8. Read and reread directions carefully – BEFORE starting to write the test
9. Review the questions before starting to answer them; make note of how many questions there are, the value of the responses and adjust your response time accordingly
10. Highlight important aspects of the question (decimal points, unit of measurement, key words, number of examples to give, etc.)
11. For multiple choice, eliminate the answer choices that you know are incorrect
12. If you come across a difficult question that you are unsure of, highlight it and come back to it when you have finished the other components of the test
 - a. ASK questions of your professor if you are still unsure
13. Take a quick brain break when you feel yourself losing focus; drink some water, close your eyes, take a few deep breaths, and use positive self-talk to get yourself back on track
14. Avoid leaving an answer blank because you may be able to receive partial points for what you include
15. After completing all the questions, review the questions and answers to ensure that you did not miss anything