

# What are some things you do to make sure you do your best on tests?



The following pages offer some tips for doing your best on the End-of-Year State Tests.

Some material adapted from *Master Student*, 11<sup>th</sup> Edition, by Dave Ellis

# Before the Test

1. Get a good night's sleep and eat a high protein breakfast. Drink plenty of water.
2. **Don't** cram the night before. Concentrate on being calm.
3. Self-test before the actual exam. (Practice, practice, practice!)
4. Arrive early.
5. **Don't** engage in negative thoughts or negative talk before the test. Saying such things as "I'm nervous" or "I don't know if I studied enough" plants negativity in your mind.

## Can Sleep Help You Do Better on Tests?

A recent study found that people who got 8 hours of sleep before taking a math test were nearly 3 times more likely to figure out the problem than people who stayed awake all night.



If you think you are beaten, you are—  
If you think you dare not, you don't  
It you'd like to win, but think you can't,  
It's almost a cinch you won't.  
If you think you'll lose, you're lost  
For out in the world we find  
Success begins with a fellow's will.  
It's all in the state of mind.  
Life's battles don't always go  
To the stronger or faster man;  
But soon or late the man who wins  
Is the one who thinks he can—



By Walter D. Wintle

# During the Test

1. Listen carefully to the directions given orally from the proctor. **Ask questions if you don't understand something.**
2. Read **all** directions slowly and thoroughly before starting.
3. Read the **whole** question before answering.
4. Don't be afraid to **skip questions**. Pace yourself. Answer the easier ones first, flag the others you are stuck on for review later.
5. **Don't** rush! You do not have to be the first one done! If you are done early, use that time wisely by making sure all questions are answered and double-checking your work.



# Tips for the Tough Ones

## Multiple Choice Questions:

1. Read the sentence stem, think of the answer, *and then*, find it in the choices. Watch out for multi-answer questions; look for statements such as “choose **all** that apply” and “choose the **best** answer”
2. If you don't know the answer right away, read **all** options before choosing.
3. If the answer is still not apparent, use the process of elimination:
  - a. Watch out for negatives or extreme wording (always, never, etc.)
  - b. If two options are opposite, the answer is probably one of them
  - c. Research shows the most commonplace answer is “C” followed by “B”
  - d. “None of the above” is seldom correct
  - e. “All of the above” is often correct if the answers are very specific

# Tips for the Tough Ones

## True/False Questions:

1. 100% qualifiers are usually false statements.

*No, never, none, every, always, all, only, entirely*

2. Qualifiers that fall between extremes are usually true.

*Seldom, sometimes, often, frequently, most, many, few, some, usually, generally, ordinarily*

3. Remember, if any part of the statement is false, then the entire statement is false.

4. Pay attention to conjunctions and phrases:

*Such as, therefore, thus, because, consequently, so, as a result*

5. Pay attention to negative words in the statement:

*Not, cannot, can't, won't, don't, no*

# What if I Experience Anxiety?

1. Focus your attention on **breathing**. Long, deep breaths will calm you and send oxygen to your brain.
2. Calm your mind by concentrating on positive thoughts (**PMA!**).
3. Discover where the tension is in your body. **Tense and release** the muscles in the area until you feel relaxed.
4. **Accept** mistakes! Everyone makes them, even your teachers!

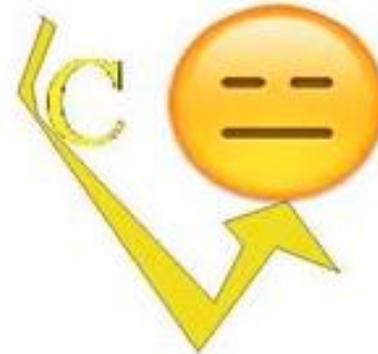


Periodically reflect on how you are feeling... and take steps to refocus.



How Is you Inner

EMOJI



# Studies show...

Eating chocolate before studying and or taking tests, increases your chances of understanding info and passing with a high grade.



Devlin, K. (2009). Scientists reveal how eating chocolate can help improve your math.

# Just Remember...

