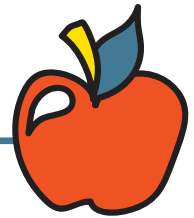


Test-Taking Strategies



Want to ease test anxiety?
Learn strategies that can help you while taking the test.

- Read all directions carefully before you start the test.

- Think about past tests.

- What tips help you do good on tests?
- What's the hardest thing you deal with during test-taking?
- Have you ever thought you would do poorly on a test and wound up doing well?
- What will happen if you don't meet your expectations on a test?
- What can you do the night before a test to help you?
- Do you study better alone or with a classmate?



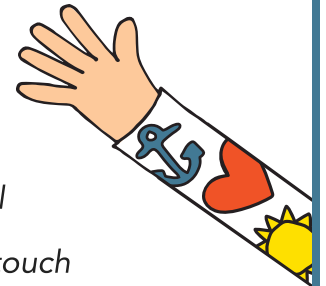
- Read the entire question—and all the answers—before you respond.

- Stuck on a question? Skip it and go back to it later.

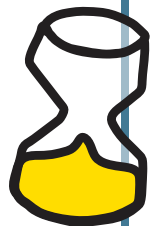
- Check in with your body if it's feeling frazzled. First, try taking a slow, deep breath. Then, try the 5-4-3-2-1 mindfulness technique.

Name:

- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you can touch
- 1 thing you can taste (or tasted earlier).



- Finished with time left over? Double-check as many questions as possible.



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