

TEST TAKING TIPS

- Get a good nights sleep before the test
- Eat Breakfast. Eggs are good "BRAIN" food
- "Always do your best"
- Stay Relaxed. If you get nervous - take a few deep breaths to relax yourself.



- When you first get your test, take a quick survey of what's there so you know how to pace yourself
- Don't rush - pace yourself
- Always read the entire question carefully
- Make sure you understand the directions - if not ask someone
- Answer the easiest questions first

- If you don't know an answer - skip it and come back to it later
- Focus on the question at hand - don't let your mind wander
- Don't worry about how fast other people finish their tests - concentrate on your own test
- Don't second guess yourself - usually the first answer that comes to mind is correct. You can always leave any "not sure" questions for the end.



If you have any questions, contact:
Diane Hickman (305) 364-0020 x228

- Check over your work to make sure you answered every question
- Don't worry about it - as long as you did your best - that's all that you can do.