Safe kids Healthy kids Happy kids

Test Taking Tips

Many students worry about how well they will perform on a test. Some worry more than others. It is called test anxiety.

Test anxiety causes stress. Some students have physical symptoms before or during a test. Others forget what they have learned.

If your teen has trouble with tests, share these test taking tips.

- Be prepared for every test. Do all homework and reading assignments.
- Space out your studying over days and weeks. Do not cram the night before a test.
- Get a good night's sleep before the test.
- Arrive early for your test, if possible. Bring everything you need.
- Stay relaxed. Take a few deep breaths. Do not talk about the test with other students. Test anxiety is contagious.
- As the test begins, take time to read the directions carefully. It will help you avoid mistakes.
- Look through the entire test quickly.
- Answer the easy questions first. This will build your confidence.
- Stay in motion. Work on a problem until you get stuck, then move on. If you have time, you can always come back and work on it.
- Write down important facts, formulas or words in the margin. Then, you will not worry about forgetting.
- Do not pay attention to anyone else taking the test. It does not matter if they are faster.
- Review your test before you hand it in. Make sure you have answered all the questions. Proofread your writing. Look for and correct errors.

Teachers want students to succeed. Teens with test anxiety should talk to their teachers. Ask for help in preparing for tests. If anxiety

Parents Can Help

- Encourage your teen.
- Have a positive attitude.
- Make her a good breakfast the morning of the test.
- Send him to school with a hug and a smile.
- Do not show your anxiety about his test taking anxiety.

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