TEST TAKING GUIDE

The Ultimate Test Taking Mindset: On the day of your school test as well as your state exam, boost your own morale! Instead of thinking "I have to go take this test," say to yourself, "I choose to go take this test." Repeat positive phrases such as, "I can do this, I deserve to achieve my goals, and I am ready to change my life."

Top 10 Test Taking Tips

One word can make or break a question. Make sure to read the question twice as well as the answers twice before making your choice.

Watch for "double negative" questions. These questions often times have the word "Not" or "Except" in them. Try taking the word "Not" or "Except" out of the question to help find the right answer.

Watch for questions containing "Superlative words." These are: Must, Always, Greatest, and Never. When you see answers with these words in them, they are usually the wrong answer.

Watch for "lengthy paragraph" questions. Read the entire question, however, keep in mind usually the latter part of the question contains what we really need to know. Pick out the important parts of the question.

Do not read more into a question than is there. This will only make it harder for you to test.

Do not spend a lot of time on a question if you're not sure of the answer. Mark it and return to it later.

Do not go back and change your original answers. Studies show your first answer is usually the correct answer.

If you must guess, try to eliminate to "whacko answers" to increase your odds of choosing the correct answer.

If you suffer from Testing Anxiety, stop put your hands over your eyes and stay calm. Think about a happy place until you calm down. Statistics show in an anxious state of mind you will miss 50% of the first 10 questions. You have plenty of time. Again, stop and regain your composure. Perhaps read the answers first, then the question. This has been shown to help anxiety.

Some questions may appear to be poorly written and contain what looks like two correct answers. It is up to you to choose the best answer.