

## Lake Ridge Elementary



### Lake Ridge Dolphin's 10 Tips for Effective Test Taking

- 1. Eat a healthy breakfast- Did you know that you think better on a full stomach? A clinical study showed kids who ate a filling breakfast had 23% better quality of memory than those who missed out on breakfast**
- 2. Use effective study tools- Make flashcards, concept maps, outlines and other study items to help you better absorb and retain material. Use study practices that are most beneficial for you.**
- 3. Never cram for a test- The best thing to do is begin studying and reviewing long before the test. Now that you are prepared, the most important things to do now are to rest, focus and stay calm and confident.**
- 4. Be prepared in every way- The night before the test; gather everything that you will need for testing. Choose your clothes for the next day and have everything ready to go. Being organized will enable you to stay focused.**
- 5. Arrive early- Make sure that you are on time for school. Running late for tests can cause unnecessary anxiety or stress.**
- 6. Relax- Your attitude and outlook will reflect greatly on the outcome of the test. If you feel yourself getting nervous, take a few deep breaths to collect yourself.**
- 7. Set a pace- Set a pace throughout the exam. Don't spend too much time on one item, but don't speed through the test carelessly either. Read each question carefully and answer it accurately.**
- 8. Guess aggressively- If you don't know the answer to a question, don't guess randomly or leave it blank. Eliminate the choices you know are wrong and then make an educated guess about your remaining choices. This will give you a better chance of choosing the correct answer.**

- 9. Accurately fill in your answer grid- Make sure you fill in the answer on the correct number on your answer sheet or your computer screen.**
- 10. Ignore other students- Ignore other students who finish early. Take advantage of the allotted time for the test and make sure that you have answered all of the questions to the best of your ability.**