



## Test Taking Survival Tips

### **Philosophy:**

A test is a \_\_\_\_\_. You \_\_\_\_\_ can only prove itself if you know the rules and how to play. A test is **NOT** a measure of your \_\_\_\_\_. A test is a measure of what you know at a given day, time, and emotional/mental state.

### **Three Phases of the Game:** Pre-Game, In-Game, & Post-Game

#### **Pre-Game:**

1. Get good rest the night before
2. Eat the healthiest breakfast possible (mix of protein and fruit)
3. Have \_\_\_\_\_ planned afterward
4. Bring only the \_\_\_\_\_ materials
5. Caffeine/No Caffeine???

#### **In-Game: Two types of questions**

1. Plan A Questions: Answer questions \_\_\_\_\_ when you are certain of the answer (within 30 seconds)
2. Plan B Questions: Strategy
  - a. Eliminate \_\_\_\_\_ wrong answers
  - b. If possible, choose from the best two answers. If you can't answer, go on to the next question.
  - c. This process should only take \_\_\_\_\_ per question.
  - d. You should have about \_\_\_\_\_ of the overall time at the end of the test to review the 5-10 questions you didn't answer the first time.
  - e. Go back and carefully read those questions and choose the best answer.

f. Be sure to answer \_\_\_\_\_ question.

**Post-Game:**

1. Have \_\_\_\_\_ planned immediately after the test that could cause an “in-test” distraction
2. Judge your performance, not based on how you \_\_\_\_\_ you did on the questions but on your pre-game and in-game execution

## **GRADE YOURSELF**

Did I get a good rest the night before? 1 to 8	_____
Did I eat a healthy, balanced breakfast/lunch? 1 to 7	_____
Did you have anything planned afterward? 0 or 5	_____
Did you have all materials ready and with you? 0 or 5	_____
Did you Plan A too many questions? Were you over confident? 20 or 0	_____
Did you utilize Plan B consistently? 10, 15, 20, 30, 35	_____
How was your time management? 10, 15, 20	_____
<b>Total</b>	_____/100

**Scale:** 90-100= A, 80-89= B, 70-79=C,  
60-69= D, <60= F

**Your grade:**

## **SOFT SKILLS**

1. Read directions thoroughly and scan through the test
2. Take deep breaths; control thoughts and emotions
3. Force your eyes to the top-left of the screen/paper
4. Execute in \_\_\_\_\_: make sure you are slow and deliberate in everything you do. Talk to yourself under your breath if necessary. Use physical gestures if that is how you normally communicate.
5. Take notes on scrap paper, WRITE, WRITE, WRITE!

