



## *Keep Calm and Test On!*

*You studied and prepared for your exam. Now it is test day. What do you do? Testing is a beautiful way to demonstrate what you have learned, your ability to comprehend, and to think logically. Here is a list of **10 tips** to help you do your best work!*

1. First and foremost, **control your adrenaline!** Tests trigger the ‘fight or flight’ response in us, releasing adrenaline into our system. Use it for your benefit. Remind yourself that you are not in danger. Practice belly breathing (see ‘Diaphragmatic Breathing’). Let that energy guide you through your test taking skills. Stop and take a few deep breaths during the exam when you feel that adrenaline trying to overtake you.
2. **Read the instructions** all of the way through and make sure you understand what is being asked of you.
3. **Browse** over the whole test. Then come back to the beginning.
4. **Work through easiest problems first.** Come back to harder problems after you have answered those you can quickly answer.
5. **Do not get stuck.** Do not spend more than 1 minute on a problem. If nothing is coming to you, move on to the next problem.
6. **Read the question and your answer in a complete sentence.** Does it make sense?
  - For multiple choice questions, all parts need to be true to be correct. Cross out those that are not all true.
7. **Show your work,** even if it is not required. It is a good habit to try to show the grader how you came to that conclusion. Who knows, you may get partial credit.
8. **Write legibly!** If the grader cannot read your writing, you will probably get it marked wrong.
9. **Breathe!** Yes, I am saying that again. Your brain requires oxygen to work properly. Give it what it needs.
10. **Go back and check your answers,** if you have time left over.

Additional Resources:

7 Test Taking Tips: <https://www.youtube.com/watch?v=Z2iCZ6h24pc>

5 Rules for Acing Multiple Choice Tests: [https://www.youtube.com/watch?v=Q1y8c\\_MZYvE](https://www.youtube.com/watch?v=Q1y8c_MZYvE)

Diaphragmatic Breathing: [https://www.youtube.com/watch?v=3BA-IXbPo\\_Y](https://www.youtube.com/watch?v=3BA-IXbPo_Y)

3 Calming Techniques for Anxiety: [https://youtu.be/JiDaTi\\_iQrY](https://youtu.be/JiDaTi_iQrY)