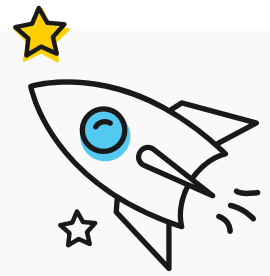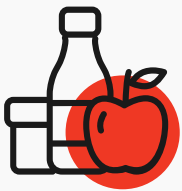# Student Assignments

Here are some tips and tricks to make your testing experience the best one ever!

○ **Get enough sleep, and eat breakfast.**

○ Hydrate! Skip the sugary energy drinks. Choose water instead.

○ **Focus and relax**—don't let the entire test overwhelm you.
Focus on one question at a time.

○ Be positive! Don't tell yourself things like, "I'm bad at math."
Instead, pump yourself up with positive self-talk. You got this!

○ **Listen to all of the instructions given before the test begins.**
This is also the time to ask any questions.

○ Read the question, answers, and surrounding graphic organizers before answering.

○ **Look for context clues in the questions.** Those little hints that jog your memory are often there! Be on the lookout for them, and use them!

○ **Answer ALL of the questions.** If you skip it, it's definitely wrong.
Any answer has the potential to be correct.

○ Consider ALL the answer options and eliminate the obviously wrong choices before making your final decision.

○ Focus on questions individually. If you don't know an answer, don't obsess!
Give your best answer or skip over the question and return to it at the end of the test.

○ Pay attention to time during the test. This doesn't mean worrying about time.
But be mindful of how much time you are spending on questions.
Are you moving too fast through the questions to truly read and understand them?
Or are you taking too long and overthinking them?

○ **It's a good idea to spend extra time checking over your work.**
You may have skipped a question or even changed your mind about an answer.

○ Remember that it's okay to be the last to complete the test!
Don't let stress get the best of you when others finish first.

○ **If you feel nervous about testing, talk with your teacher in advance for helpful suggestions.**