

MOUNTAIN SIDE MAVERICKS

Mavs Test Taking Strategies

Repetition:

- The week before the test spend 20-30 minutes per day reviewing key points for the material that is going to be tested.
- You can use flashcards, lists, or class notes to make sure you are reviewing the unit's key points.

Read then Sleep:

- The night before your test, make sure you read over your notes, key point flashcards or lists right before you go to sleep.
- Research shows that whatever we focus on last, right before we go to sleep, our brains will keep processing all night.

Rehearse:

- One way to get more comfortable taking tests is to rehearse the test-taking setting during your study time at home.
- Set-up a study space that has just a chair and desk without any gadgets (like cell phones, computers, or TV) around you.
- Use a pen or pencil that can become your "lucky test taking" pen or pencil.
- Time yourself for 60-90 minutes doing a focused activity. If you finish your homework before that time is up, you might practice answering math questions for that amount of time, or free writing about the key points from your flashcards.

Relax:

- One secret in getting the answers to flow from your brain to the paper is to help yourself relax at the beginning of the test before you start answering questions.
- You can start by taking 3-5 deep breaths before you read the first question.
- Also, if your teacher allows you to chew gum, try chewing gum during the test. Some research says that chewing gum can relieve stress and may even make blood flow to your brain so that it is easier to answer questions.

Review:

- On the day of your test, take your flashcards, study guide or key point lists with you to review on the bus, at lunch or whenever you have free time during the day.
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