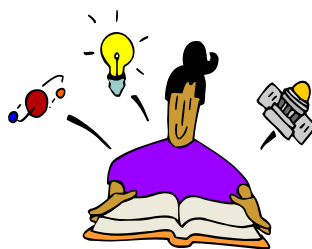




It is now crunch time...the end of the year when you are trying to pull up that "F" to a "D" or "B" to an "A". You are trying to finish projects and missing assignments that you may have. Most of all you are preparing for End-of-Course Tests and Final Exams.

The following are test-taking tips that can help you prepare for any test as well as reduce test-taking anxiety you may feel:

- Preparation for your first test should begin after the first day of class; this includes studying, completing homework assignments and reviewing study material on a regular basis.
- Go to review sessions and pay attention to the hints that the teacher may give about the test. Take careful notes and ask questions about the items you may be confused about.
- Go to the bathroom before walking into the exam room, so you will not waste anytime worrying about your bodily needs during the test.
- Try to make the morning of the test a pleasant one. Avoid anything that may cause stress.
- Try to arrive to your class or testing center early so you are not rushing and have time to get adjusted to the testing environment.
- Skim through the test, if possible to look ahead, so that you have a good idea of how to pace yourself.
- Look for key words in test directions and questions such as: choose, describe, explain, compare, identify, similar, except, not, and but.
- Write down important formulas, facts, definitions and/or keywords in the margin or on scrap paper so you won't worry about forgetting them.
- Stay focused on the test, even if other students finish early. Don't get distracted.
- If you don't know a question skip it and come back to it later. Remember you don't have to get every question right to do well on a test.



Parents here are some tips for you to help your child prepare for a test:

- Make sure your child does all their homework and reading assignments, which will help, make sure your child is prepared for the test.
- Encourage your child to space out their studying and homework assignments so that they won't be forced to cram the night before the test.
- If you are anxious about your child's test it's ok, but try to keep cool around your child because you don't want them to get anxious too or add any additional stress.
- Provide a quiet, well-lighted area with little distractions to help your child study efficiently.
- Make sure your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.
- Talking about the test with your child can relieve stress about the test.



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