

Prepare

1

- Start preparing for a test 1 2 weeks before to build your confidence.
- Organize materials you may need for the test.
- Get to the testing site with enough time to find a seat you prefer.

Have a Positive Attitude

2

- Test scores do not determine your self-worth.
- Start (or continue) an exercise program.
- Eat right! Get your fruits and veggies, and AVOID processed food, carbonated soft drinks, caffeine, fried food, sugar, chips, and similar foods containing preservatives.
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During the Test

4

- Read the directions carefully.
- If necessary, count to 10 and take slow, deep breaths.
- Stay on task think about the next step (don't let your fear distract you).
- Skip questions you do not know and come back to them later.
- If it is a multi-format exam, do the section you are "best" at first to build your confidence.
- It is expected that you will have *some* anxiety it keeps you determined and gives you energy!



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