



### Tips for Test Takers

- ❑ Get plenty of sleep for several nights ahead of and during the testing.
- ❑ Dress comfortably – but not “sloppy.”
- ❑ Eat your favorite fruits and proteins – limit your carbohydrates.
- ❑ Think ahead – and be prepared – have at your fingertips the sharpened pencils, a good eraser, scratch paper, a calculator, a bottle of water.
- ❑ Make sure the mark you make in the bubble is dark in the center; don’t worry about coloring it in perfectly. Be sure you are on the right line!
- ❑ Pace yourself! When  $\frac{1}{4}$  of the time is gone, be sure you have completed  $\frac{1}{4}$  the items. Adjust your speed accordingly.
- ❑ When you feel stressed during the testing, use a relaxation strategy (e.g., drop your shoulders, roll your head, take your tongue off the roof of your mouth).
- ❑ Talk to yourself positively! You can do well on these tests.
- ❑ Answer all the questions – and when you must guess, use good logic! Eliminate obvious incorrect options. Watch for clues! Look for connections.
  - Do the ones you know first. Skip the ones you don’t know, and then return to make the “best guess.”
  - Read all the answers. The tests are designed to be difficult, so read carefully before making the final selection.
  - Avoid options that contain specific determiners (e.g., all, none, never)
  - Use deductive reasoning. Eliminate options you know are incorrect or implausible.
  - Use relevant and extraneous clues to help identify the correct option. The answer is more likely to be qualified with words like “some” or “often,” or use typical “textbook” phrases.
- ❑ Check the answer sheet on the end of each page – just to be sure that your responses are not out of order on the answer sheet.
- ❑ When there is a minute left, be sure to fill in any answers that you have left blank.
- ❑ Check your work if there’s any time available. Also, spot check to see that answers are in the right place.