

Describe how the following practices contribute to good test performance?  
Mark with a \* the three practices you feel are most important for you.

1. PREPARING FOR THE TEST

study plan completed
sufficient rest
proper food
punctual
necessary materials
positive attitude

2. MAKING A TEST PLAN

Scan entire test.
Read directions.
Note easy/difficult questions.
Note point value of questions.
Allot time.

3. TAKING THE TEST

Follow all directions.
Do easy problems first.
Save difficult problems for last.
Show work clearly.
Check all work.

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People become confident about doing something when they have had some success at it. When you prepare well for tests, you will begin to do well on tests. When you begin to do well, your confidence will improve.

The four basic steps for reducing test anxiety will help you remain calm when you take a test. As you practice the steps, you should find that you are doing better on tests and you are becoming more self-confident.

Four Basic Steps for Reducing Test Anxiety\*

1. Close your eyes before you begin the test.
2. Take a deep breath and hold it for five seconds. Slowly let out the air.  
Do this three times.
3. After the third breath, keep your eyes closed and remind yourself that you are well prepared for the test.
4. Imagine the teacher handing back your test with a good grade on it.

\* from Greene,L.J and Jones-Bammman,L. Getting Smarter, 1985.