

## Top 10 Test Taking Tips

Avoid absences on testing days if possible

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Go to bed early the night(s) before you test

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Avoid using technology before bedtime so your mind can settle down



Eat a healthy breakfast on testing day



Wear layers (sometimes testing rooms can be the wrong temperature)



## Arrive on time



Relax and take deep slow breaths

8

Skip questions you don't know but come back to them before submitting



Use your time wisely. Check over your work. 10

Plan to do something fun when the testing time is over