

Strategies for Test Day!

- Get 8 hours of sleep for TWO NIGHTS IN A ROW! A rested brain functions better.
- Know where you are going! If you are going to an unfamiliar school, take a trip there a few days before so you know timing and where to go!

Lay everything out the **night** before.

- (3) #2 pencils with good erasers
- Your calculator with fresh batteries
- Your admission ticket
- Your photo ID
- A snack
- A watch (**NO** sound allowed)

The Morning of the Test:

- **Exercise!**
Many teens are a little foggy in the morning. Waking up your brain with a little exercise will help.
- **Eat a good breakfast!**
Your brain needs fuel to work at its best.
- **Dress in light layers** so you will be comfortable no matter what the temperature in the testing room.
- **If you are easily distracted, consider bringing a pair of foam earplugs.**
- **Bring a healthy snack.**
Your brain will burn calories when it is thinking. Bring a healthy snack—think granola bar or banana. Sometimes a peppermint will wake up your brain!

**TAKE CONTROL OF THE DAY.
GO INTO THE TEST WITH CONFIDENCE.**

YOU HAVE PREPARED, NOW, USE YOUR TIME MANAGEMENT STRATEGIES & SHOW WHAT YOU KNOW!

While you are at the test:

- **Don't be distracted!**
Just because the girl or guy next to you seems to be zipping through the test doesn't mean you are not doing well. Stick with your game plan. The girl next to you could be rushing because she is nervous.
- **Pay attention to time.**
You have been trained to manage your time, now **DO** it. Use your watch!
- **Work quickly but not carelessly.**
Don't get bogged down by tough questions. Circle tougher questions and come back to them in the end. If you are running out of time, make a guess!!!
- **Don't worry about answer patterns!**
Don't worry if you have several answers in a row or if you haven't chosen an answer choice in a while.

Reading:

- **Don't psych yourself out on the reading passages!**
- **As you read, ask yourself:** "What is the purpose of the passage?" "What is the main idea?" and "What is the overall structure?"
- **Know how to deal if you "space out" while you read.**
If you do space out, don't panic or rush, just start reading again where you left off.
- **Read the questions carefully and don't fall for traps in the answers.**
Some answer choices are true statements from the reading but they are not answers to the question being asked!

Math:

- **Mark up the test!**
Make notes as you go along—use the test booklet to do your math scratch work.
- **Keep it simple.**
If you are doing a lot of calculations to solve a problem, you are probably missing a key fact that simplifies the problem. Always look for the easy way!
- **Know your ACT or SAT Math Facts**
You will save time and be more confident.
- **Re-read the question! Re-read the question!**
Make sure you are answering the question. Is the question asking for the value of x or is it asking for the length of a segment? You may have to solve for x in order to answer the question. If the question asks for $5x$ don't give the answer for x .
- **If you get stuck on a math problem, consider working backwards.**
The answer choices may help you—plug in answer choices.
- **Watch out for key words in problems.**
Integer, even, odd and consecutive are all words that students sometimes read past. Don't confuse perimeter with area!
- **Don't overuse your calculator!**

Science:

- Remember, this is the last section. Keep your stamina. Make it a strong finish!
- When the question tells you to refer to "the passage", it can be any part of the section not necessarily the paragraph.
- When the question tells you to refer to a figure or table, **absolutely** use that figure or table!
- **Don't rush through the last section.**
It is usually the easiest. Watch your time. If you feel you are running out of time, skip to the last section so you are not as rushed on it. Then return to the sections you skipped.

English:

- **Watch for subject verb agreement!**
A prepositional phrase between the subject and verb will try to confuse you. Go back to the basics—find the subject and the verb of the sentence.
- **Read the paragraph and answer as you go.**
The paragraph will give you context for your answers. Not all of the questions are grammar related. Some of the questions ask about context so read to understand the passage.
- **Unless otherwise specified, go for the most concise answer.**
Occasionally, the question will ask for the most specific or elaborate answer but for the most part, clear and concise is the best choice. Make sure to eliminate any redundancies.
- **Remember your grammar rules.**
There are rules for commas and semicolons, try to utilize what you have learned and practiced. Look at the underlined section carefully; make sure you are replacing just the part that is underlined.
- **Use your common sense and your ear.**
Read the sentences in your head. If something sounds off or awkward, investigate it. Check all of the answers and eliminate ones that won't solve the problem.

Essay (Optional):

- **If you are writing: remember the reader only has a very short period to grade your essay.**
Make it clear and to the point. You need at least 4 good paragraphs. Pick a point of view and support it with sound reasoning. You do not necessarily have to agree with the point of view that you choose!
- **Do not sway from your essay topic!**
Keep the topic in focus for your whole essay.