

Before the Test

- “Have I studied and do I feel confident?” If not, look back through the class material (notes/textbook/Google classroom)
- Am I getting enough sleep? Most teens need 8-10 hours. Your brain will be better able to function and retain all that information you’ve been studying.
- Do you have everything you need? Pencils, eraser, calculator, water...etc.
- Have breakfast or a small snack before your test.

Study in a place that is: QUIET and NOT in a high traffic area

During the Test

Positive Self-Talk

Tell yourself...

“I can do this”

“I studied, I know the material”

“I’ve prepared and practiced as best as I can”

Visualization

- 1) close eyes
- 2) calm your breath
- 3) picture yourself confidently taking the test
- 4) remember another test on which you did well
- 5) imagine yourself showing improvement on your test

Take 3 deep breaths

“It’s only a test, just do the best you can do!”

Controlled Breathing

- place hand on stomach
- breathe in slowly for a count of 4
- let your breath expand your belly, think about your stomach rising
- breathe out for a count of 4
- think about your stomach flattening
- repeat