**Preparing for Tests**

**-Can tips be used for a test?**

**Questions:**

* **How can I prepare for tests?**
* **Is cramming effective?**
* **What’s the easiest way to review?**
* **How can I relax about tests?**
* **Will certain foods help me do better?**
* **Do I study differently for dif types of tests?**

**2. Don’t Cram**

* **Last minute study – CRAM a week’s worth of work in little time.**
* **Least effective way to study (compare to practicing)**
* **Study for short time every day, review new info, relax night before, warm up that day (review notes).**
* **Use frequent short review**

**3. Overnight – quick review**

* **Studies show that 6 hours of sleep is minimum nesc. to perform on a test.**
* **Best way is to review right before bed. You’ll ponder this info as you sleep. Study must be the LAST thing you do before sleep.**
* **Brain reviews while you sleep. Have flashcards or review list to read right before lights out**

**4. Best Review**

* **Study hard all the time, make studying a habit**
* **Study in same place, at same time if possible**
* **Break assignments into smaller portions to do over time**
* **Review notes from day before, then move on to the next part**
* **Use night before test for final review**
* **Daily study is most effective way to remember**

**5. Avoiding Anxiety**

* **Many kids get nervous about tests, but can prepare. Some tension ok**
* **Too much worry is harmful and hurts memory**
* **What to do: build up confidence by studying hard, pamper self and be comfortable, bribe self (movie, snack), use positive self-talk**

**6. Physically Well-prepared**

* **Avoid being hungry or too full. Just have a small healthy meal**
* **Have light exercise before test**
* **Have a good night’s sleep**
* **Don’t take a test if you are VERY sick**