

How to Pass a Test



Most people do not like testing at school. If you are taking a very important test, like the SAT test, or any other kind of test, today's clip gives some advice about what to do to get ready for and then to take a test.

Sleep well before the test. Eight hours is best, but if you can not get that much, then try to get as much as you can. If you do not sleep well, you will not be able to focus on the test. Remember to set an alarm so that you can wake up in time!

Food is important. If you are hungry during the test, you will not be able to focus well. Do not eat heavy food, but do eat food that will give you energy. Being nervous is natural before a test, but it is not good to be too nervous. If you start to panic, take some time to relax before you continue.

You must understand the test. Look through the test to give yourself an overall picture. Also, read the directions so that you know exactly what you have to do. Finally, make sure to keep an eye on the time. Too slow and you might not finish. If you finish early, then you can go back and check.

That is one thing I do not miss about school: the tests. We will be thinking about you high school students this Saturday, January 26, because we know a lot of you are gearing up for a big one - the SAT. Regardless of whether you're stressing out over that or if you are concerned about any standardized testing in any grade, check this out. CNN Student News has you covered with some tips.

There's not much that's fun about taking a test. There are some things that can make the process less painful. To start, make sure you sleep. Not during the test. Most experts recommend getting eight hours the night before the test, but if you're cramming and that's not possible, get at least a few hours, so you're awake enough to focus on the questions and not on how tired you are. Also, you should set an alarm, and a backup alarm, and check that both have the right a.m., p.m. setting. Don't ask me how I know.

Next, eat. Not during the test. Grab a meal or healthy snack before test time. It will give you energy and help you focus on the questions and not on how hungry you are. The trick here is, you want something light and energizing like cereal or fruit, but not something heavy like pizza. That can make you sleepy. Third, breathe. Being nervous is natural and can actually

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help you focus, but don't get so wound up that you're turning blue and sweating all over the scantron. Take some deep breaths, shut your eyes for a moment, if you have to. Try to stay positive and focus on each question.

Keep calm and follow the directions. That's tip four. It's a good idea to peruse over the test first thing, so you know what's coming. Carefully read up on what's being asked of you. That will prevent a lot of stupid mistakes. Finally, keep the pace. If your test is 10 questions, don't spend half of your time on the first one. Stumped? Answer what you know and come back later. Finish early? Take the extra time to go over your answers and make sure they're in the right places. Being first to turn it in won't help your grade, but acing it can help you make the grade.

1. What are some things you do to prepare for a test?