

Test Taking Tips

Day of the Exam

Get at least 8 hours of sleep the night before.



Being well-rested keeps your brain healthy and focused. On exam day, you want to be at the top of your game. The best way to ensure this is to get plenty of sleep the night before. Stressing over the exam or trying to get in one last cram session is more likely to hurt your performance than help it.

You might find it hard to fall asleep, especially if you're nervous about the test—and that's normal! Try meditating, breathing practices or other, healthy ways to relax and ease anxiety.

Eat a nutritious breakfast the morning of the test.



High-carb foods that digest slowly, such as oatmeal, are best. These types of food will fill you up and keep you feeling full for longer, so you don't have to worry about hunger pangs in the middle of the test. Fruits and vegetables also improve your attention and thinking speed. If you normally have a cup of coffee in the morning, don't skip it before the test—you don't want caffeine withdrawal to hamper your performance. At the same time, don't over-indulge as too much caffeine can make you jittery and unfocused.

Do deep breathing exercises right before the test.

Deep breathing helps you relax so you can focus better. Sit on the edge of a chair with your feet flat on the floor. Roll your shoulders back so that your shoulder blades tuck in along either side of your spine, then place one hand on your abdomen and the other on your chest. Inhale slowly and deeply through your nose, allowing your abdomen to expand as your lungs fill. Pause, then exhale through your mouth at the same rate you inhaled, deflating your abdomen.

Continue breathing this way for 3 to 5 minutes, keeping your focus solely on your breath. If you find that your mind wanders or you start worrying about the test, gently pull your mind back to your breath.



Arrive to your exam location early and take a moment to relax



- You'll increase your confidence if you take time to relax.
- You'll be able to narrow your focus for the upcoming test.

