

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

Study Like a Boss

Studying for and taking tests can trigger anxiety for students. Below are some study tips and test taking strategies to consider...

Study Tips

- Spread out study periods instead of trying to “cram” information
- Pace yourself and be organized
- Learn to use spare moments to prepare and study
- Make sure you fully understand the assignment
- Break larger assignments into smaller parts
- Have a positive attitude about learning
- Consider the consequences of procrastination
- Review the information right before you go to bed
- Ask for help if you don't understand something

During the Test

- Think positive thoughts
- Try to relax
- Look over the entire test to see how many and what kinds of questions appear
- Budget your time
- Read all directions thoroughly
- Answer all questions
- Try to recall words or phrases the teacher may have repeated in class
- Complete the easier questions first to allow more time for the difficult ones

March's Focus:

Study Tips and Test Taking Skills

Study Like a Boss: Angie Burgin Kratzer, 2014

<http://www.teacherspayteachers.com/Store/Angie-Kratzer>

