

THE *Counseling* CONNECTION

St. Hilary School

Ms. Becher and Mrs. Eldred

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>



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Test-Taking Strategies

- ♟️ Get enough sleep, eat a nutritious breakfast, and stay hydrated.
- ♟️ Have materials ready and arrive early to prevent panic.
- ♟️ Think positively, relax, and focus on doing your best.
- ♟️ Read all directions carefully and ask for help if you're confused.
- ♟️ Preview the entire test and determine how to pace yourself.
- ♟️ Read each question carefully and answer the entire question.
- ♟️ Skip questions you can't answer; go back to them later.
- ♟️ Read all multiple-choice answers before choosing one.
- ♟️ Avoid answers with absolute words like "never" and "always."
- ♟️ Give an answer for all questions; you might earn partial credit.
- ♟️ Take your time and focus, even if other students finish early.
- ♟️ Review all answers, if time allows, to avoid careless errors.

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