

## TEST TAKING STRATEGIES

1. Use slow breathing to relax.
2. If you get nervous, use safe place, and muscle relaxing to stay calm.
3. Look over the entire test to know how long it is and decide a time limit for each section.
4. Answer the easy questions first.
5. Go back to the harder questions later.
6. Eliminate any obvious wrong answers.
7. Go back and check your work.