

Exit Exam Test Taking Tips

The Exit Exam is on Tuesday, March 20th and Wednesday, March 21st. Here are some tips to help you be more successful:

- 1. Keep a positive attitude during the test and try to stay relaxed. If you start to feel nervous put your pencil down and take a few deep breathes to relax.**
- 2. Do the easiest problems first. This will help build your confidence.**
- 3. Answer all the questions; you are not penalized for wrong answers. Before guessing, try to eliminate one or more of the choices.**
- 4. Remember the test has no time limit. Take all the time you need.**
- 5. Always read the whole question carefully, don't make assumptions about what the question might be asking.**
- 6. Ask the instructor for clarification if you don't understand what the directions are asking.**
- 7. Write legibly on the essay question. If the grader can't read what you wrote they will most likely mark it wrong.**
- 8. Don't worry if other students finish before you; focus on the test in front of you.**
- 9. Keep your eyes on your own paper. You could appear to be cheating and cause unnecessary trouble for yourself.**

Reducing Test Anxiety

Test anxiety is when a student excessively worries about doing well on a test. This can become a major hindrance on test performance and cause extreme nervousness and memory lapses among other problems. The following tips should help:

- 1. Be well prepared for the test, this is the best way to reduce test anxiety.**
- 2. Try to maintain a positive attitude while preparing for the test and during the test.**
- 3. Exercise the day before and get a good night's sleep.**
- 4. Eat a healthy breakfast the morning of the test.**
- 5. Show up early, so you don't have to worry about being late.**
- 6. Stay relaxed, if you begin to get nervous take a few deep breathes slowly to relax yourself and then get back to work.**
- 7. Skim through the test so you have a good idea how to pace yourself, but remember the test is not timed.**
- 8. Focus on the questions. Don't daydream.**
- 9. If you are feeling really nervous before the test, speak with your school counselor or teacher.**