

Learning Tip:

Effective Test-Taking Strategies

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Before the Test

- ▶ For most students, the best way to avoid test anxiety is to prepare thoroughly beforehand.
- ▶ Try to have a good night's sleep the night before the test.
- ▶ Plan all logistics in advance (e.g., how to get to the test location, what items to bring).

During the Test

At the beginning of the test:

- ▶ Take a moment to scan all questions before attempting any.
- ▶ In what order should you complete the test questions?
 - ▶ If you're feeling well-prepared, try the “start hard, jump to easy” strategy: Start with a challenging problem, and jump to an easier one as soon as you get stuck.
 - ▶ If you're uncertain of your preparation, a more cautious approach would be to complete the questions you feel confident about first.

During the Test

If you feel nervous during the test:

- ▶ Practise “box breathing”: Inhale deeply into your belly for 4 seconds, hold for 4 seconds, exhale slowly for 4 seconds, and hold again for 4 seconds; repeat this process several times.
- ▶ Try to reframe your stress signals as excitement rather than fear:
 - ▶ “This is my nervous system rising to the occasion.”
 - ▶ “I am feeling this way because I care about what I am doing.”
 - ▶ “Once I get started, my training and preparation will take over and I’ll be just fine.”