**Seven Test Taking Strategies**

1. Use slow breathing to relax.
2. If you begin to get too anxious, repeat slow breathing and picture your “Calm place” for a moment to break the stress cycle. Focus on your test taking strategy.
3. Look over the entire test to determine how long it is and where the most points are. Determine a time limit for each section.
4. If you use acronyms, or other memory aids write them down on a scratch piece of paper.
5. Answer the easier questions first. Often these questions will have clues to harder questions.
6. Go back to the harder questions. Look for clues. Eliminate any obvious wrong answers. If you are still not sure of the correct answer take your best educated guess.
7. Budget your time so that you have a few minutes left at the end to check your answers. Make sure you do not leave any blank.