SuperCamp’s Top Ten Test Tips

The week before:

1. Stretch your study time
   Study your class notes, read relevant book chapters, and quiz yourself every day during the week before the test. Stretching your study time over multiple days helps you remember it much better than cramming.

2. Rehearse like it’s real
   When studying for a test, try to simulate the exact conditions of the exam for the last few nights—know the format of the test, use a hard chair, hard desk, no interruptions, and no music unless your teacher uses music. If so, play the same type.

The night before:

3. Pack your bag—and get a good night’s sleep
   Make sure everything you need for the test is ready the night before—extra pens and pencils, an eraser, calculator, sweatshirt, ID, healthy snack, watch, etc. Do a quick review before going to bed, and try to get a solid eight hours of sleep.

The morning of the test:

4. Eat a good breakfast!
   Eat a healthy, light breakfast that includes fiber, lean protein, and antioxidants to enhance brain function. Good ideas include wholegrain bread with peanut butter or cottage cheese, oatmeal, wholegrain cereal with low-fat milk, yogurt, cheese, lean ham, eggs, and fruit. All these suggestions will keep you awake and alert without making you feel sluggish.

Before and during the test:

5. Control your state with affirmations and alpha state
   Put yourself in a positive mindset through the use of a test affirmation. Say a few words silently to yourself to get pumped up like an athlete before a big game. Before you begin the test use Q-Up to shift into alpha state for optimum focus. If you find your thoughts wandering during the test, Q-Up again.

6. Jot down the big stuff
   As soon as you can write on the test, jot down important formulas or facts in the margins so you won’t have to worry about remembering them when you need them later in the test.

7. Easy before hard
   Once you’ve jotted down important facts, glance through the whole test before you start so you can plan your time. Answer the easy questions first. This builds confidence and can trigger recall for questions that follow.

8. Show your work
   Write down your reasoning for questions even if you’re not sure you have the correct answer. Teachers want to know that you’re giving thought to your answers instead of just writing down anything that comes to your mind.

9. Cut to the chase
   Always write the main point you’re making immediately on essay or written test questions. Teachers want to know right away that you know what you’re talking about.

After the test:
10. Get ideas for future success!
Review your test thoroughly when it’s handed back to you. You will learn the teacher’s style and maybe even get some ideas for a future test. And there’s always a chance you’ll catch an answer that should have been marked correct but wasn’t!