Test Success with SuperCamp Skills

Whether it’s a surprise quiz on a random weekday or a high-stakes national standardized test, your life as a student today is filled with tests. Your ability to prepare both mentally and emotionally for a testing situation is a skill that will prove valuable for your entire academic career and beyond.

Achieving success on a test reaches far beyond the time spent taking the test. Being a successful test-taker involves learning content in a way that it can be easily retrieved during a testing situation. It includes knowing how, when, and what to study. It involves being able to stay alert, focused and calm during a testing experience. And it’s also dependent on your attitude toward the test. All of these elements play a role in determining your level of success on any test.

SuperCamp covered many test-taking strategies that will help you to excel on tests. Here are five critical skills to empower you to be an excellent test taker!

- **Q-Up**
  The ability to manage your state of mind allows you to perform at your highest level in any situation. Use Q-Up during learning and tests to access alpha state, the optimal brainwave state to keep you alert, receptive to learning, and focused. *(See Refresher #2.)*

- **Circuit Learning**
  The more we review information, the more likely we are to remember it. It follows then that if we regularly review what we’re learning, we’ll remember it and will not have a need to cram for tests. Utilize this chunking and reviewing system to learn and retain new information. *(See Refresher #11.)*

- **10-24-7-10**
  The ability to remember the information you’ve learned is vital for success on tests. Utilize this review strategy to reinforce learning by transferring information from short-term to long-term memory so you can recall it whenever you need it—on test day and after. *(Refresher #11)*

- **Test Affirmations**
  The attitude you bring with you on test day has a significant impact on your ability to do your best on a test. Take some time to create a positive statement you can say to yourself on test day that will boost your attitude and your results. As you think about a statement that works for you, here are a few examples to get you started:

  - I’ve got this test!
  - This test is about to get schooled . . . by me!
  - Just do it. (It’s okay to borrow this from Nike if it works for you!)
  - I’m gonna ace it!

  And remember this quote from Henry Ford: “Whether you think you can or you think you can’t, you’re right.”

- **Test Tips**
  In addition to long-term preparation, use these ten simple strategies beginning a week before the test to help you excel on test day. See separate article: **SuperCamp’s Top Ten Test Tips!**