

# Naperville North High School

## Standardized Testing Tips



### ***Before Test Day...***

- Practice, Practice, Practice! Learning not only the format of the test, but how the test likes to word their questions will help you feel confident in your comprehension when taking the test. The more you practice, the more exposure to material you will get.
- Study over an extended period of time, rather than cramming at the last minute. Engraining long term solutions will sharpen your critical thinking and analytical skills – both of which are being tested on test day.
- Test in a quiet environment, similar to the testing environment you will be in. Familiarizing yourself, and getting comfortable is key to feeling confident on test day.
- Get a good night sleep the night before. It's easy to feel nervous and feel like you can't sleep, but having a rested mind and body will alleviate some of the stress of test day.

### ***During Test Day...***

- Avoid drinking coffee or large beverages before the test... you don't want to have to lose testing time for a bathroom break. However bringing water and a snack for during your break is advised.
- Additionally, make sure you use the bathroom before you go into the test room. One less thing to stress about.
- Leave your phones at home, the stress of "who texted/snapchatted me?" will distract you from your test, and if your phone goes off or you are seen using a phone, you may be asked to leave and your scores will not count. Not worth it.
- Try and recreate your testing environment you had while studying by wearing comfortable clothes in layers so that you can stay at a comfortable temperature.
- Breathe... and pace yourself. Rushing may cause you to overlook things and make mistakes. If you have extra time, look over your answers.
- On that note... don't second guess yourself unless you are absolutely certain you made a mistake. Second guessing can lead to increased stress, which can lead to rushing and making more mistakes.

### ***After Test Day...***

- Relax! Take a nap! You did great!
- Remember that your scores will be available online approximately 5 weeks after you test date. While you are waiting, focus on something else.
- And if you receive your test scores and are not satisfied with them, you can retake the test. But think about how you prepared before... is there something you can change to help you prepare better?
- For more information test preparation and resources, check out the College and Career Center!

### ***Questions Regarding Standardized Tests?***

#### ***Please contact:***

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