



# Test Day Game Plan

## 1. Before Arriving at the Test

Give your brain a rest before you head to your test. Consider:

- Quick exercise to help with attention and overall cognition
- Yoga or meditation to calm yourself
- Listening to music, or anything else to help you relax.

Eat enough to give you necessary fuel, but not too much to make you sluggish. Read these tips on [exam day nutrition](#).

Give yourself plenty of time to arrive with time to spare so you can get mentally and physically settled.

## 3. While Taking the Test

**Keep track of time** so you can follow your plan of attack. Wear a watch and use it.

**Read questions actively.** Underline key words and eliminate any distractors. Restate the essence of the question in your own words.

**Stuck on a question?** Peruse the exam for possible hints found in other questions. Or simply move on to the next question you can answer.

**Feeling anxious?** Read our handout on [Tackling Test Anxiety](#).

Read our handouts for specific tips on [Multiple Choice](#) and [Essay Exams](#).

## 2. Before Starting to Answer Test Questions

### A. Survey the test.

How many questions? What type of questions? How are the points distributed?

**B. Make a plan of attack so you can earn as many points as possible in the given time.** Decide the order in which you'll approach each question and how you'll allocate time. Write your plan on the test or on a scrap of paper.

★ **Idea: Complete test sections in order of their overall value so you will earn the most possible points if you run out of time to finish the test.**

**Consider a 50 minute test consisting of:**

15 Multiple Choice Questions – 30 overall points

5 Short Answer Questions – 10 overall points

1 Essay Question – 60 overall points

**Given the distribution of points, allocate your time among the three sections in the following order:**

**Essay: 30 minutes** (60% of your time because it's worth 60% of the points)

**Multiple Choice: 15 Minutes** (30% of your time, 30% of points)

**Short Answers: 5 minutes** (10 % of your time, 10% of points)

★ **Idea: Complete test in order of questions you know the best. Like above, this will earn you the most possible points in case you can't finish entire test.**

**C. Any formulas or facts you've memorized?** Before starting the exam, write the ones you are least confident about on a scrap of paper; this will free you to work on harder cognitive tasks during the test.

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