

COCOA & CRAM STUDY SESSION

JANUARY 12TH 3:00 P.M. – 4:00 P.M.

OFHS CAFE



Study Strategies & Test Taking Tips

Preparation is the best way to minimize test taking anxiety! Some tips include:

- Practice the skill – if you don't get it during class or homework, seek help...talk to your teacher or get help from a peer tutor!
- Change your attitude – this is only one test, do your best & be prepared!
- Remember the basics – good nutrition, exercise & sleep, pace yourself throughout the test and learn new strategies to gain confidence!
- Read through the directions on the test
 - For essay questions, budget your time, focus on one idea per paragraph, organize your thoughts before you begin writing.
 - Multiple choice, eliminate answers you know aren't right, if there isn't a penalty for guessing, be sure to answer the questions.
 - True/False: read each statement carefully & pay attention to qualifiers and key words



There are several helpful online resources for study strategies, writing and vocabulary strategies and test taking tips:

<http://www.studygs.net/> AND <http://testtakingtips.com/>

As always...see your counselor for other ideas or concerns!

Remember the DOUBLE-F RULE – if you fail one quarter, you **NEED** the other quarter **AND** the exam to earn credit! **EXAMS MATTER – LET'S GET READY!**

