

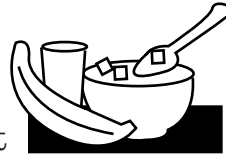
How to Prepare for a Test

Prepare your body. Get plenty of rest.

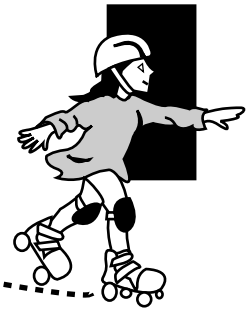


Go to bed early the night before a test.

Eat a healthy, well-balanced breakfast before school on the day of the test.

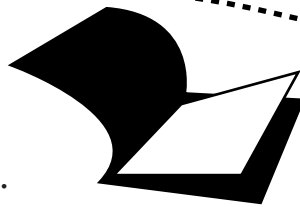


Get plenty of exercise every day to stay in shape and full of energy.



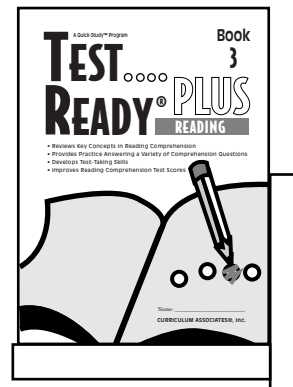
Prepare your mind.

Be a good student.
Do your school work every day.
Finish all homework assignments on time.



Practice how to take a test.

Become a good test taker.
Use test-taking tips in your everyday school work.
Think positively.
Plan to do your best.



Learn to relax.

Practice using breathing to calm yourself.
Do not worry about the test.
Remember: It's only a test!

