

10 tips for taking tests

“No one really likes tests or exams. Here are a few tips,” says Andrew Fuller, Clinical Psychologist

1. Remember everyone gets stressed during tests and everyone has to learn how to manage these feelings.
2. Know that stress is your body’s way of getting ready to take on a challenge and perform at your best.

*“Stress can help us to perform at high levels - as long as we know how to keep it in check”
Andrew Fuller, Clinical Psychologist.*

3. Write down your concerns about the upcoming test as questions – and then write answers to those questions.

“Just writing out your fears, getting them out of your head and onto some paper helps you to gain some perspective” Andrew Fuller, Clinical Psychologist.

4. Focus on doing your best with the questions in front of you, rather than thinking about how you did in past tests.

*“Performance in any area requires presence- focus on what you have to do right now”
Andrew Fuller, Clinical Psychologist.*

5. If you breathe out and count silently, “one thousand, two thousand, three thousand”, you will start to feel calmer.

*“The part of our calming system is activated when we breathe out slowly” Andrew Fuller,
Clinical Psychologist.*

6. Maintaining a powerful posture sends a signal to your brain that tells it you are feeling in charge of things.

“Your brain is extremely clever but it can also be pretty stupid. It believes what you tell it. If you hold a power posture your brain notices and decides that you’re feeling fine and lowers the levels of stress” Andrew Fuller, Clinical Psychologist.

7. Eat breakfast – a mix of protein (like eggs) and carbohydrates (like toast).

“Usually a higher protein, lower carbohydrate mix increases memory, concentration and energy” Andrew Fuller, Clinical Psychologist.

8. Drink water. Avoid energy drinks, which may interfere with your levels of concentration.

“Energy drinks increase your levels of adrenaline making you feel wired. If you are feeling stressed you are better to drink water as it reduces your levels of cortisol- the stress hormone” Andrew Fuller, Clinical Psychologist.

9. Get a good night's sleep.

“Before a test or exam it’s best to get a good night’s sleep.” Andrew Fuller, Clinical Psychologist.

10. Remember that tests and exams are important, but they are not the big predictors of life success.

If you would like more information you can download a free copy of “Preparing for tests and exams” from www.andrewfuller.com.au