



Test-Taking Tips



Be rested and comfortable.

If you take a test when you are hungry or tired, you won't perform well.

Relax.

If you are too nervous to think or read carefully, change your mood by taking several slow, deep breaths.

Read the instructions.

Also, read each test question carefully, no matter what kind of test you are taking.

Keep a positive attitude.

Decide to do your best, and don't blame yourself for what you don't know.

When you are done, review your answers.

Don't change them unless you have a good reason to do so.

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