

# TESTING TIPS

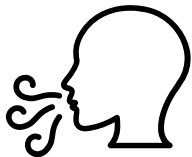
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IT'S IMPORTANT TO FIND A BALANCE BETWEEN STUDYING AND TAKING CARE OF YOUR WELL-BEING. GOOD PREPARATION, COMBINED WITH A HEALTHY LIFESTYLE AND POSITIVE MINDSET, CAN CONTRIBUTE TO BETTER PERFORMANCE DURING TESTING.



## ESTABLISH HEALTHY ROUTINES

Ensure you get enough sleep (7-10 hours), eat nutritious foods, drink water throughout the day, and exercise regularly. Physical well-being is closely tied to cognitive performance, and taking care of your health can positively impact your ability to concentrate and recall information.



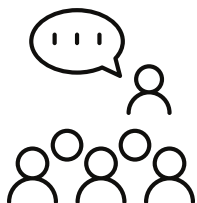
## STRESS REDUCTION TECHNIQUES

Practice Relaxation Techniques like deep breathing, meditation, or mindfulness exercises to help manage stress and increase focus. Simple techniques like inhaling slowly and exhaling deeply can help calm nerves. Maintain a positive mindset. Believe in your abilities and focus on what you know. Negative thoughts can hinder your performance, so cultivate a positive attitude towards the test. Picture yourself being successful. Reduce screentime, especially before sleep.



## STUDY SESSIONS WITH BREAKS

Study in a comfortable space. Use aromatherapy, if desired. Schedule regular brain breaks during study sessions to prevent cognitive fatigue and improve overall concentration. Short breaks can improve focus and productivity. Consider using techniques like the Pomodoro Technique (e.g., 25 minutes of focused study followed by a 5-minute break). Take a short walk or stretch to boost blood flow to the brain and increase alertness, have a healthy snack, move to music, talk to someone, or close your eyes and breathe.



## ACTIVE LEARNING TECHNIQUES

Instead of passive reading, engage in active learning. Summarize information in your own words, create flashcards, teach the material to someone else, or use mnemonic devices to enhance memory retention. Review key concepts and material for 10-20 minutes each night before falling asleep. This will help with memory and recall.



## REVIEW STRATEGICALLY

Identify your weaker areas and focus more on them during your study sessions. However, don't neglect the topics you are already comfortable with entirely. If you're struggling with certain concepts, don't hesitate to ask teachers, classmates, or tutors for help. Understanding the material thoroughly is crucial for success.