**Are You Test Ready?**

Answer the following questions about test-taking strategies.

1. How much sleep should get each school night?
2. How much sleep do you actually get on school nights (average)?
3. What are some good breakfast foods you can eat before school and before tests?
4. How does positive thinking affect how you perform on tests and other school tasks?
5. What are some ways you can help yourself to relax while taking a test?
6. Does chewing gum help students to concentrate better? Explain if it works for you.
7. How do you avoid distractions and stay focused when you take a test?
8. You come across a question that you can’t remember the answer to. What do you do?
9. Reading comprehension questions can often direct you to a specific line in the text. How do you make sure you get complete information on reading comprehension questions?
10. You will be taking several tests during the upcoming weeks. How do you plan to decompress so you are prepared for the next day’s tests?