

Exit Strategies

Provided by Madrona Tutoring

Okay, you've finished all the work. You've done practice tests. You know the grammar rules, and what kinds of math questions are going to pop up. Great work! This section is about how to prepare for the actual test. You've done 90% of the work already, but there are a few things left that will make it easier to boost your score.

Sleep

I want you to sleep at least eight uninterrupted hours Thursday and Friday nights. Sleep debt builds up. So, if you're the kind of student who stays up all night doing work for the next day, you need to give yourself at least two days of good sleep to be able to focus for the whole four hours.

Rest

You've done all the work. I want you to take a couple of days of rest before the big test. Think about it like a sport, or a theater production. (Hopefully) your coach wouldn't make you do a normal brutal workout the day before the big game. Your director wouldn't make you do a two full run throughs every day leading up to opening night. You need to have a chance to rest before you go out to perform, so you can do your best. You've done all the work. You've taken the practice tests. For the last few days before your exam, you can review strategies, and formulas, but don't do any problems. Relax. You've earned it.

Breakfast

This one is a little controversial, but hear me out. You probably eat cereal, or toast or a bagel for breakfast. And you probably get hungry about two-three hours later. So that's fine normally, but on test day, I don't want you to get hungry in the middle of the test. So: eat some protein with breakfast; you won't get hungry for about 5 hours. Have eggs and bacon, or a LOT of cream cheese on the bagel. Studies have shown that eating protein before a test improves performance. If you have some protein for breakfast, then you're less likely to become ravenous during the reading section. You'll be able to focus the whole way through.

Leave Early

Give yourself an extra fifteen minutes to get to the test location. That way, if traffic happens, you'll be safe. Take a book, so that if

you do arrive early, you can relax for a few minutes. If you give yourself a little extra time, you won't have to deal with the anxiety of almost getting there late. Starting the test with a bunch of unnecessary anxiety is bad. Start out fifteen minutes early.

Good luck!