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**5 Tips for Top Test Scores**

**By Wayne F. Perkins**

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Are you ready to take your final examinations? Do you feel confident you will pass your tests?

Here are five great tips that will help you achieve higher test scores and reduce the stress associated with taking your tests, at the same time. As a hypnotist, I have worked with thousands of students in, junior high school, high school, and college. I find these tips help all students overcome anxiety caused by test taking, and improve memory and recall. The results are better examination scores.

1. Get a good night sleep before the test. Do not stay up all night. Your brain works so much better after a good night's sleep. You will carry a relaxed and confident feeling into the testing classroom or lecture hall.
2. Breathe deeply. When you find yourself in the classroom, begin breathing deeply and deliberately. Think to yourself, the test will be easy, and you feel confident in the improved grade you will attain after taking the test.

When the teacher passes out your test and it is in your hand, take three slow deep breaths. Each time you inhale; feel energy entering your body. Feel the energy stimulate your brain. Each time you exhale, picture, and feel all of the tension leaving your lungs.

3. Skip the difficult questions. As you begin taking the test, answer all the questions, you are confident in, first. Each time you pass over a hard question, take slow deep breaths again, allowing your body to relax and your brain to focus on the easy questions.

You will find you will soon have an urge to go back to the difficult question, answering it. Go ahead and do so at this time.

## 5 Tips for Top Test Scores

4. Remember, you are smarter than you think. In spite of what your parents said or what your teachers think, you are much smarter than you think. As you relax your body and focus your brain, you will begin to feel more in control of your test results. Everything you have ever read, heard, touched, tasted or smelled is always stored in your brain. As you relax, you will find it easier to remember information.

5. Never, cheat on a test. By cheating on a test, not only do you stand a chance of expulsion from school, but also you are sending a message to your brain that you are not smart enough to take a test on your own. What happens next is you lose self-confidence, for not only the test you are taking currently, but also all tests and all subjects. The loss in self-confidence is much more damaging and will follow you around longer than expulsion from school.

The lack of self-confidence will find affect personal relationships, jobs, and earning power over a lifetime. Relax and trust yourself to remember the information you need without cheating on tests.

### Summary

Remember to relax when taking tests. Relaxation triggers the brain to remember information easier and recall it when taking tests. Practice the five steps and watch your test scores rise.

Wayne F. Perkins

Wayne F. Perkins, the School Assembly Hypnotist is an educational hypnotherapist and author of "How to Hypnotize Yourself without Losing Your Mind." Wayne presents school assembly programs and consults with educators and students across the United States on how to improve test scores. Hypnotism Education

Website <http://www.wayneperkins.net/>mailto:wayne@wayneperkins.net Phone: 602-647-4280

## **Amazing Secrets Smart Students Have Tucked Under Their Belts For Years And Start Getting Better Test Scores Today!**

**By Josiah Terence**

Though there are hundreds of studies that suggest that many tests aren't a true measure of your intelligence or potential for success, the reality is most universities still rely on them to measure a student's academic acumen.

Because of this, it is important that you learn how to do well on a test and succeed in college to further your post-college potential for career success.

### Test Taking Strategies

So what can you do to boost your test scores without necessarily committing more time to the library?

## 5 Tips for Top Test Scores

Fortunately there are hundreds of time tested strategies that smart students have been using for years. The tips listed below will help boost your test scores without committing you to countless hours in the library.

### Test Tips of Test Smart Students

Study two days prior to your test to retain the maximum amount of information possible.

Perform a brief "re-cap" or self test the day before the test. Only spend 20 minutes or less reviewing material.

Study in a non-distracting environment in 1–2 hour intervals.

Be sure to highlight key points in the text and read over each chapter summary to refresh your knowledge on a particular subject.

Talk with your professor at least a week prior to the test and go over your study strategy. Your professor can point out gaps in your thinking and you will ensure you study all the 'essential' information that will be on the test.

Fuel your brain with energy food prior to your test. Bran muffins, complete breakfasts and fruit are all good choices. Candy bars and coffee are not.

Get a good night's sleep the night prior to your test. You can find plenty of time to party the night after your big test.

Make sure you know where your test is being held and show up 15 minutes early to relieve pre-test anxiety.

Read all the instructions on your test carefully. Nine out of Ten mistakes can be attributed to a misunderstanding of test requirements.

Be sure to ask the professor if you are unclear on any points or questions.

If you are trying to remember a lot of dates or specific facts, answer all the test questions with this information first, so you don't have to worry about remembering everything for the entire test.

Sit in a secluded and non distracting area of the classroom so you can take your test in peace.

Go with your gut instinct and don't change answers when reviewing your test. Your first instinct is usually the right one.

Smart test takers also reduce anxiety before a test by taking some deep breaths and relaxing. Keep in mind the more you stress out about a test the less likely you are to do well. Consider a 5 minute meditation just prior to your test to clear your mind of restless thoughts.

## 5 Tips for Top Test Scores

By adopting even a few of these strategies, you'll likely find your test scores improve significantly in a short amount of time.

Josiah Terence is a freelance writer and author of "The Lazy Student's Guide to Better Grades". To find out how you can reduce your study time even further and even change bad grades into good ones, check out:

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