



The Tutorverse

SHSAT

TEST-TAKING PLAYBOOK

While good study habits are crucial, the steps you take in the days leading up to your big test day can have a major impact on your performance. Set yourself up for success by following The Tutorverse's checklist for test-day readiness!

☐ Day Before the Test

- ☐ Review the “Day of the Test” section below--try to picture yourself following these steps. Then, stop thinking about the test!
- ☐ Pack your pencils, erasers, non-smart watch (and testing materials if needed) in advance.
- ☐ Pack your water and a healthy snack--anything with long-lasting energy that's unwrapped and quiet to eat!
- ☐ Set your alarm for the morning allowing you enough time to eat breakfast and be fully awake before you leave the house.
- ☐ Go to bed 30-60 minutes earlier than you normally would.

☐ Test Day - Breakfast & Arrival

- ☐ Eat a balanced, healthy breakfast with healthy proteins (eggs) and long-lasting carbs (whole wheat toast, oatmeal, etc.)
- ☐ Give yourself plenty of time to arrive. You don't want to be stressed out by a late train or unexpected traffic!
- ☐ Once you arrive, use the bathroom before entering the room, if possible.
- ☐ Have your snack while you wait for the test to start!
- ☐ Follow all of the proctor's instructions (turn your phone off, put everything away, etc...).
- ☐ Get your game face on! This is what you pictured yourself doing yesterday and what you've been preparing for! You got this!