

ACT TIPS & TRICKS

1. **DO keep calm and carry on**

On test day, relaxation is key. Easier said than done, right? There's actually strategy involved here, too. Take it easy and give yourself plenty of time to wake up, get ready, and get to the test center. Breathe.

2. **DON'T be a zombie**

Have a protein-rich breakfast before you leave. Get good sleep starting two nights before the test. Seriously. Functioning on eight hours of sleep is so much nicer than functioning on any less.

3. **DO stay positive**

Tests can be kind of boring. Still, if all you do is think about how horrible this test is going to be and how badly you're going to do on it, chances are your experience will be really horrible and you're going to do badly (self-fulfilling prophecy, anyone?). Belief affects behavior, simple as that. So, think positively. Give yourself a pep talk as you're driving to the exam, even try smiling while you're taking it. Have a few laughs with your friends. It'll work.

4. **DO practice, practice, practice**

How does that saying go? Anything worth doing is worth doing right? If you want to be good at something, you have to practice. Do the on-line practice tests, as well as any needed math tutorials.

5. **What to Bring to the ACT? DO come prepared**



Your admission ticket — it's that thing you were supposed to print after you registered for the test. If you lost it, don't worry; you can log in to your account and print another one before the test.

A photo ID — preferably a driver's license or student ID

No. 2 pencils — NOT mechanical. Bring several, and have them already sharpened.

A calculator — check the ACT website to make sure your model isn't prohibited.

Remember cell phones are NOT allowed. Back in the old days, people used "watches" to keep track of time. You might consider bringing one to help you pace yourself.

A watch — borrow one if you need to. It's easier to look at your wrist for the time than to look up at the wall. With 2 minutes left on a test, just fill in any blank circles.

snacks and/or drinks - to consume outside the test room only during the break.

Listerine breath strips - to help keep you alert.

6. DO guess intelligently and with purpose You're not penalized for guessing, but try to narrow down the possibilities. There are usually at least one or two answers that are definitely wrong. "Duds," if you will. If you can get rid of these dud choices, you'll have a much better chance of guessing correctly.

7. DO mark up the test booklet Take notes, write little hints to yourself, identify words you don't understand (it'll come in handy later on)...basically, just be an active reader. Plus, it's a good way to keep you focused.

8. DON'T be a statue You're limited to the one square foot that your test chair encompasses, so you won't be able to have a dance party or anything, but move around as much as you can. Shake out the limbs, stretch, whatever. Just get the blood flowing.