

## Top Ten Cambridge TestPrep™ DOs and DON'Ts

The actual day of the test can be very stressful and hectic for students, causing even the most prepared student to forget the fundamentals of standardized test success. It is important for students to establish a proper framework for their test preparation that will carry them successfully through to the end of the test. Therefore, be sure to review with your students the following basic guidelines that we refer to as “Top Ten Cambridge TestPrep™ DOs and DON'Ts.” You may photocopy this sheet and distribute it to your students as an added reminder.

DOs		DON'Ts
1.	DO take the ACT test seriously. In addition to your GPA, extracurricular activities, and other life experiences, scoring well on the ACT test is an important factor in being admitted to the school of your choice.	DON'T be intimidated by the test or its format. By test day, you will be totally prepared, having reviewed skills, learned test-taking strategies, and taken several quizzes and practice exams.
2.	DO schedule your test preparation time to maximum advantage. Once you have made a schedule, stick to it.	DON'T let study time slip away from you. Cambridge offers serious test preparation for serious students.
3.	DO review the “Strategy Summary” for each lesson the day before the test.	DON'T attempt any last-minute cramming.
4.	DO relax the evening before, and DO get a full and restful night's sleep.	DON'T stay up late the night before the exam partying into the wee hours of the morning.
5.	DO gather all the things you need the day of the test ahead of time, including your test center admission ticket, acceptable ID, No. 2 pencils, a watch, and an approved calculator that you know how to operate.	DON'T bring notes, scratch paper, other testing aids, cell phones, or anything else other than the approved items.
6.	DO eat a sensible meal before the test, including some protein and not too much sugar.	DON'T drink an inordinate amount of coffee or other caffeinated drink with a name like “Zap”—otherwise, you may “crash” in the middle of the test.
7.	DO report to the testing center early to give yourself plenty of time to get situated.	DON'T leave the testing center before you are finished and have been cleared to do so by proctors.
8.	DO dress comfortably in layers. Wear enough layers to be warm—you can always “dress down” if the temperature in the room is uncomfortable.	DON'T be reluctant to notify the proctors if something appears to be wrong. You paid a fee to take the test; you are the customer.
9.	DO keep an eye on the clock. You need to pace yourself in order to have enough time to finish the test sections.	DON'T become preoccupied with the passing time or begin to panic. Should you fall behind, just pick up the pace to make up lost ground.
10.	DO concentrate and DO your best. Of all the people at the center with you, you are one of the best prepared.	DON'T even think about violating any of the testing rules. You DON'T need the aggravation.