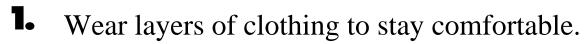


How to Tame

THE TEST MONSTERS





2. Get enough sleep—about 10-11 hours a night.



3. Do <u>not</u> eat sugary foods before a test. It will make you feel more tired and your brain will not work as fast.



4. Breathe in through your nose to cool down and focus.



5. Stay in the high + or low + emotion zones.



6. Look up and left when trying to remember notes.



7. Speak in an accent or sing when studying.



- 8 Peppermint, lemon, and cinnamon help your memory.
- Take breaks. Attention is usually your age +2. 12 years old +2 = 14 minute attention 11 years old +2 = 13 minute attention
 - 10 years old +2 = 12 minute attention
 - 9 years old + 2 = 11 minute attention
 - 8 years old + 2 = 10 minute attention
- **10.** Keep a positive attitude and believe in yourself!

