

# The Testing Zone

Tools to help you get in *THE ZONE* for  
OAT!



# Do you need talent to be successful?

- Sure, but more importantly you need passion and perseverance! Believe in **YOURSELF!**



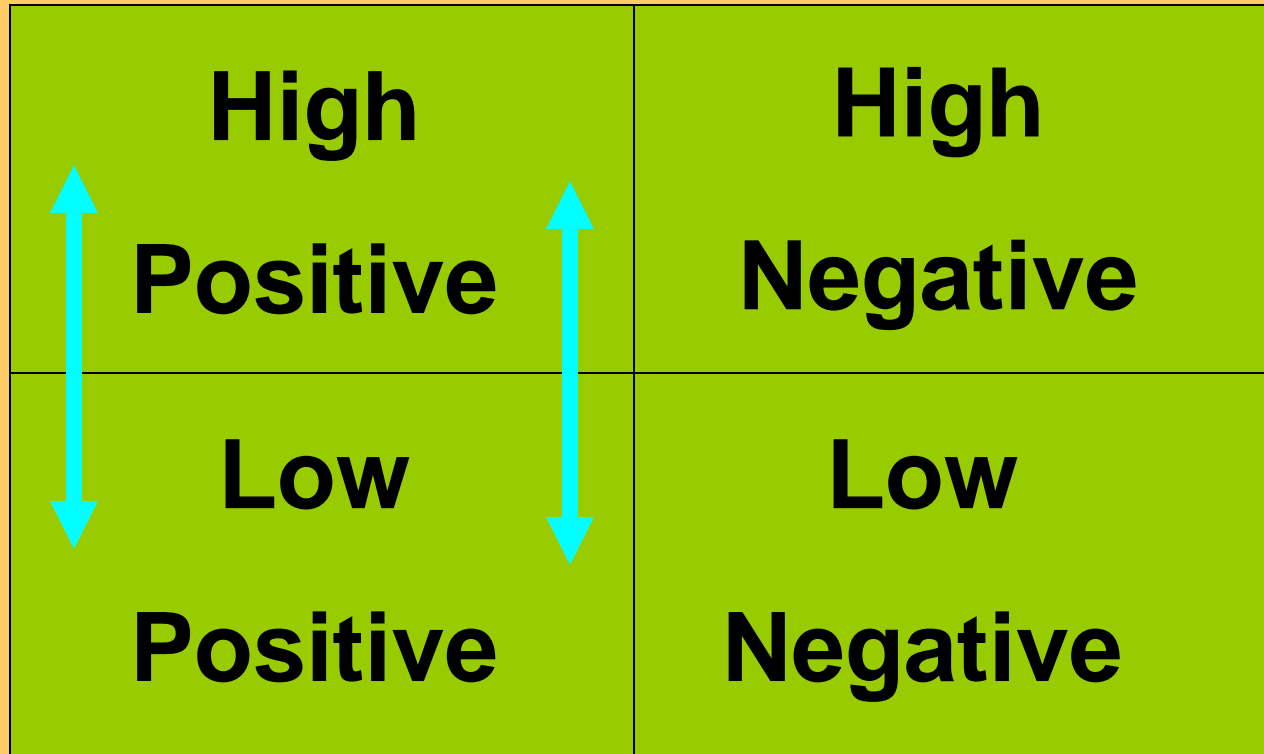
# Types of Emotional Responses

<b>High Positive</b>	<b>High Negative</b>
<b>Low Positive</b>	<b>Low Negative</b>

Where do you think that all people (athletes, test takers, teachers, etc.) function best??



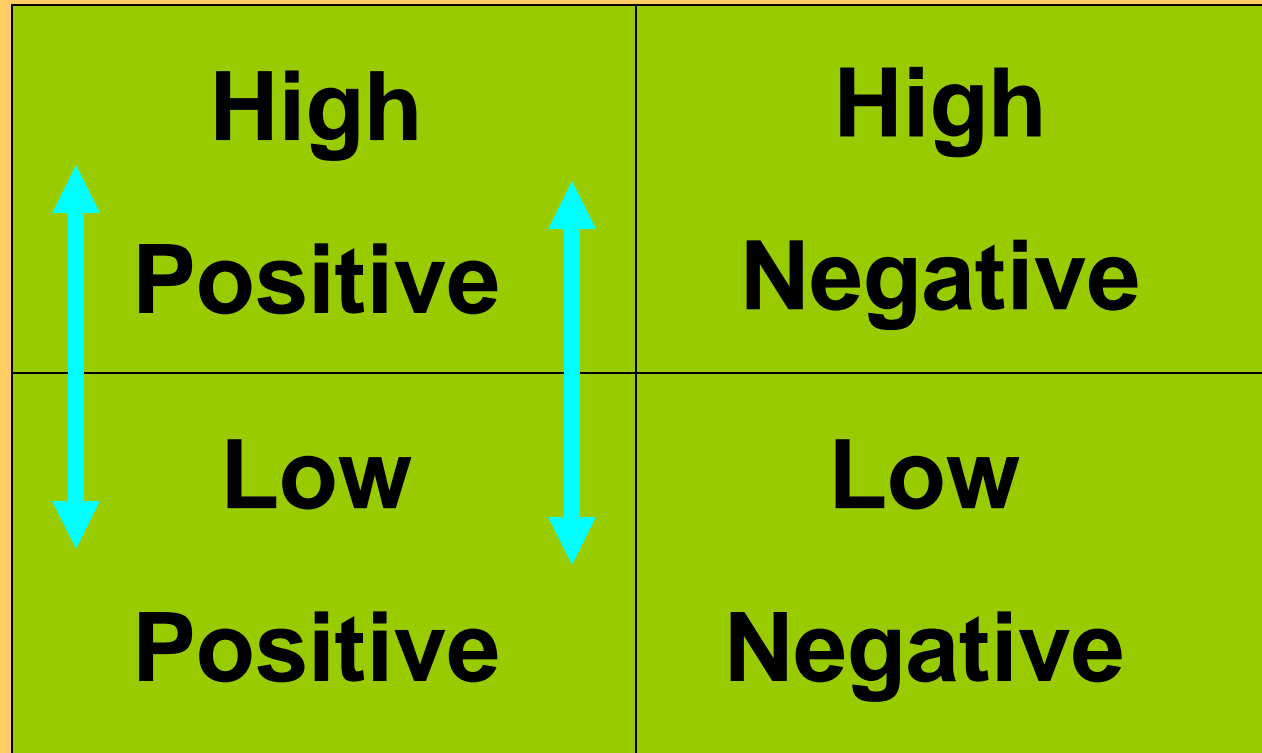
# Types of Emotional Responses



We function best if we can keep ourselves alternating between high and low positive responses.



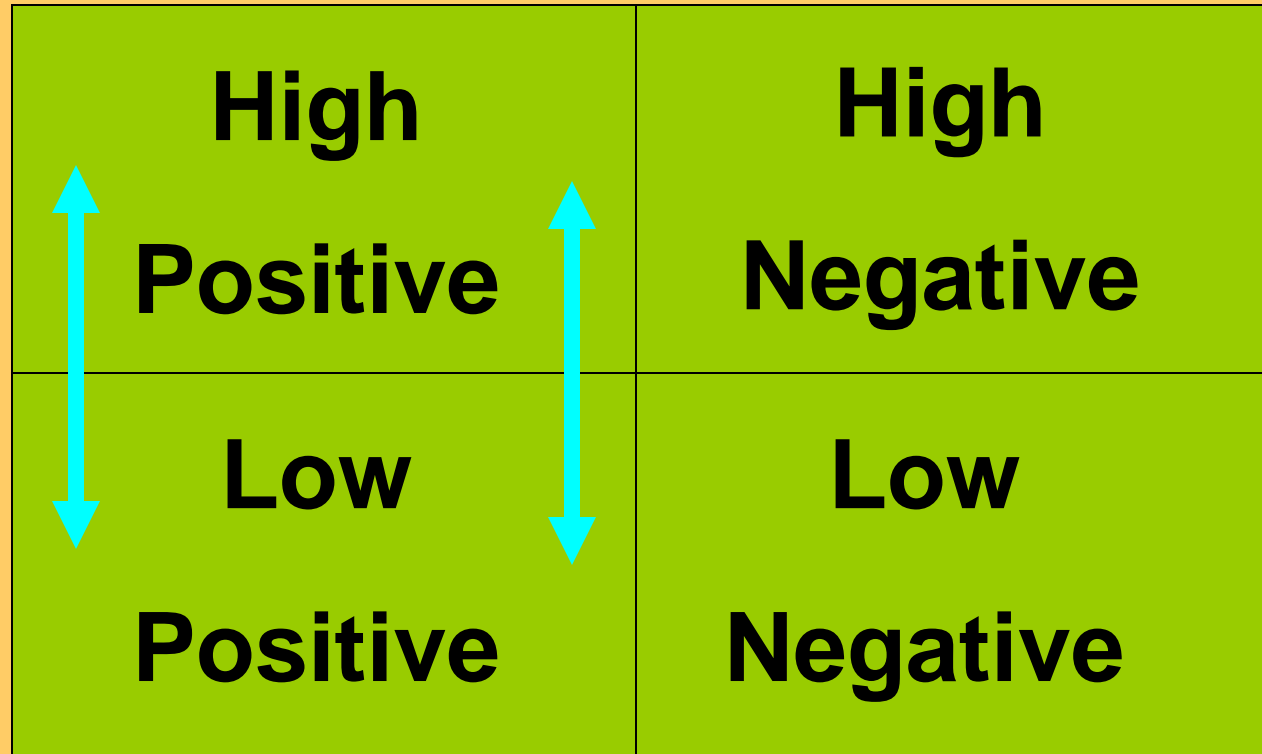
# Types of Emotional Responses



We perform in the high positive state.



# Types of Emotional Responses



**We think, regroup and recover in the low positive state.**



You are going to take a  
quick memory test!



# What was your reaction?

- Sigh
- Roll Eyes
- Slump down in chair
- All of these send your brain into low negative functioning!



# Instead...

- Look at a friend, give a high five and say, “Memory test! Yea! I am really good at that!”
- Yes I mean it.
- Go ahead.



# Remember these ten items:

1. Baseball bat
2. Swan
3. Seagull
4. Sailboat
5. Snake
6. Golf club
7. Nose
8. Snowman
9. Tennis racquet
10. Baseball



# What do you remember?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



# Theory of Primacy and Recency:

- You will remember best what you learn at the beginning of a study session and the end of a study session.
- You should take twice the amount of breaks to increase what you remember.



# Remember what you Read

- When you have to read something and then remember the details of what you've read – read the material aloud to yourself and use an accent!



# Spelling:

- When trying to remember how to spell a word, hold your head steady and look up and to the left.
- This activates the recall part of your brain that will help you remember things you've previously seen or learned.



# Recall Info In All Other Subjects

- Hold your chin in the center and:
- Visual Learner:
  - Look up and to the left
- Auditory Learner:
  - Look level and to the left
- Kinesthetic Learner:
  - Look down and to the right



# While looking you should also:

- Rub your fingertips lightly on sandpaper
- Rub your lips with your fingertips
- Squeeze a stress ball



# Dress for Success

- It is difficult for your brain to retrieve information if the body is too hot or too cold.
- You never know what the temperature may be at Westwood!
- Dress in layers (a t-shirt with a sweatshirt over it is one example).



# Other Things That Help

- Noises bother you? Wear earplugs during the test.
- Chewing gum while test taking improves scores.
- Wearing a Breathe-Right Strip increases the oxygen level in the brain.



# Smells That Help You Remember:

- Lemon
- Peppermint
- Cinnamon



# The only moment that exists is right now!

- You can't change the past.
- You don't know what the future holds.
- Be positive about yourself **THIS MOMENT!**
- Words like can't, don't, no and never make your brain downshift into the negative.
- Use affirmations!



# The only moment that exists is right now!

- Give someone a high five and say, “I am a GREAT test taker!”
- Shake hands with someone else and say, “Being me is the greatest!”
- All affirmations should be in first person and in present tense.



# How to Unblock Your Brain

- Rub the top of your left ear with your left hand and roll the ear forward and back.
- Energy Yawn
  - Rub the area by your ears where your jawbone connects in a circular motion while slowly opening and closing your mouth.
- Rub your eyebrows



# Fight Anxiety

- Deep breath in through the nose and out through the mouth.
  - Push your stomach out while taking in a deep breath through the nose and directing it into the abdomen for two counts. Follow this with an exhale that lasts for four counts.
  - Repeat three or four times, trying to make each inhale and exhale last longer than the previous set.



# Fight Anxiety

- Stretch/massage your calf muscle.
- If you do this on the first sign of stress, symptoms like sweaty palms, rapid heartbeat, and high blood pressure can be avoided.
- Before the tests, stretch out your calf muscles by pressing your toes against the wall. This helps you write and respond better.



# Reduce Muscle Tension

- Sit at your seat and cross your arms around your chest.
- Squeeze all the air out of your lungs.
- Bend forward and squeeze for 8 counts.
- Relax your arms and upper body, inhale and gradually extend your arms up over your head.
- Repeat 3 times.



# Relaxation

- Cross one ankle over the other.
- Stretch your arms out in front of you with the backs of the hands together and thumbs pointing down.
- Lift one hand over the other, palms together, and intertwine your fingers.
- Bring locked hands straight down and rest them on your chest
- Rest your tongue on the roof of your mouth just behind your front teeth.



# Breakfast Matters

- Be sure to eat things like
  - Eggs
  - Fruit
  - Yogurt
  - Nuts
  - \*\*Eat the protein **FIRST**, followed by the carbohydrates



# Breakfast Matters

- Be sure to avoid things like
  - Sausage
  - Bacon
  - Hash-browns
  - Butter
  - Cream cheese
  - Pantries
  - Breakfast sandwiches
  - **SUGAR/SODA**



# Testing Menu - Breakfast

- Apple juice, skim milk, banana and whole wheat toast – or-
- Orange juice, pancakes with very little syrup and low fat yogurt – or –
- Raisin Bran, skim milk, muffins or toast and fresh fruit



# Testing Menu - Lunch

- Chicken sandwich on whole wheat bread, low fat yogurt, veggie strips, fresh fruit and skim milk – or-
- Sliced turkey, baked potato, peas and 2 slices of whole wheat bread



# Testing Menu - Dinner

- Minestrone Soup, spaghetti with meat sauce, parmesan cheese, Italian bread, skim milk and fresh fruit – or-
- Lean roast beef, brown rice, corn bread, skim milk and frozen yogurt



# HYDRATE

- The brain is over 80% water.
- In the days before the test, be sure you are drinking at least 64 ounces of water each day.



# Bibliography

Boguski, B. (2001) *The Testing Zone*.  
Findlay, Ohio: The Winner's Edge, Inc.

