

# TSI Test Day Checklist: Our Best Advice

## The day before

- **Give yourself a break.** Ease up on your studying, and take some time to relax. Do something fun. Sometimes getting your mind off the test is the best preparation.
- **To avoid unnecessary stress, gather up everything you're going to need for the next morning.** You don't want to be frantically searching for something just before you rush out the door.
- **Get some rest.** Getting a good night of sleep the night before the test will help you MUCH more than any last-minute cramming you might be tempted to do.

## The morning of the test

- **Eat breakfast.** You might not feel hungry, but you could be in the testing room for hours, and you're going to need the energy.
- **Bring snacks to eat during the breaks.** A healthy snack will go a long way toward keeping you focused throughout the entire test.
- **Leave your cell phone turned off.** You'll survive without it for a few hours ... we promise. If you are seen using a cell phone or any other prohibited electronic device while in the test room, or if the device makes noise or vibrates, you may be dismissed immediately and your scores may be canceled.

## During the test

- **Use the breaks to relax.** Eat or drink any snacks you have brought with you. You should feel refreshed after your breaks.
- **Use all of your time.** Take your time, relax. The TSI is not a timed test! Rework the problem if you are unsure of the answer. Try plugging in answer choices.
- **Try to stay positive and focused.** Keep your mind on your work, not on your score.

# TSI Check List: What to bring

## What you MUST bring on test day

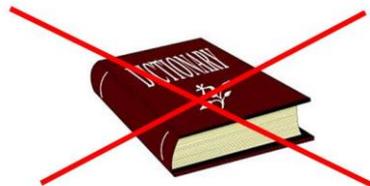
- **Test voucher**
- **Student ID**

## What you SHOULD bring on test day

- **A watch does not make noise**
- **Scratch paper and writing utensils**
- **Drinks and snacks (for your break)**

## What you SHOULD NOT bring on test day

- **Cell phone, pager, iPod, MP3 players, BlackBerry, or any other digital or electronic equipment**
- **Notes, books, or dictionaries**
- **Compass, protractor, or ruler**
- **Highlighter or colored pencils**
- **Portable listening or recording device**
- **Camera or other photographic equipment**
- **A watch with an audible alarm (or a Smart Watch i.e. Apple Watch)**



# NUTRITION TIPS FOR STUDYING AND TESTING

## Hydrate with H<sub>2</sub>O!

- **Water quenches your thirst, keeps you alert, and provides energy.**

*\*For added flavor add a lemon, orange, lime slice*

- **Avoid Caffeine**

*\*Too much caffeine can cause headaches, stomach aches, and anxiety.*

*Not what you want when studying or taking a test.*



## Limit Sugar

- **Sugary food and drinks can cause energy levels to crash, leave students lethargic, and even cause students to feel dizzy or an upset stomach.**

*\*Stay away from: Candy, Soda-Pop, Added sugars in both food and drinks.*



## Eat Breakfast

- **Starting your day off with a healthy and nutritious breakfast is a great start to your day. It provides energy your body will utilize throughout the day.**



## Include Healthy Carbohydrates

- **In order for your brain and body to operate at their peak, you need carbohydrates. Indulge in some of the foods below to acquire the healthy carbs needed to succeed!**

## BRAIN FUEL

### Nuts & Seeds

- **Great source of protein which has been proven to boost your mood.**
  - Examples: Almonds, Walnuts, Pecans, Pistachios, Brazil nuts, peanuts, seeds. Add in some raisins or other dried fruit and you have a healthy, hearty, filling snack!



### Fruit & Veggies

- **Tasty fruits and vegetables provide vitamins, minerals, and antioxidants to keep your brain functioning at its peak!**
  - Examples: Bananas, Apples, Oranges, Grapes, Carrots, Broccoli,



### Whole Grains

- **Unlike refined grains, Whole Grains provide glucose to stabilize energy and keep you focused.**
  - Examples: Whole Wheat Toast, Cereal, Popcorn, Granola Bar.



### Dark Chocolate

- **For a quick endorphin raise - what makes you feel good - grab a small piece of dark chocolate. Not only does it taste good, it also raises endorphins and lowers blood pressure which makes it the perfect treat.**
  - Example: 1-2 dark chocolate kisses. 2-3 squares of Dark Chocolate Bar

