



GED Testing Tips

STUDY (DON'T CRAM!)

By studying and attending tutoring over time, you can learn the material for the long-term. Trying to cram to take the test before you're ready will only stress you out and make success less likely. Your attitude when it comes to preparing and acing your GED is the most important factor that you can control.

MENTALLY PREPARE YOURSELF

It is normal to have anxiety about test-taking. The key is finding ways that help you cope. Here are some stress busters you can try:

- Engage in deep breathing for 2-5 minutes. Close your eyes and concentrate on the air going in and out of your lungs. Take long, deep breaths, fill your lungs and abdomen, hold your breath, and then exhale.
- Tense and relax different muscle groups. For example, if your shoulders are tense pull them back and hold them for a few seconds, then relax. This will help you to be aware of the relaxation of muscles and help you to relax more.
- Engage in guided imagery for a few minutes. Pick a scene that you find peaceful, beautiful, and natural. Think about what you see, what you hear, what you feel and what you smell while in this scene. Once relaxed, picture yourself at the computer taking the test and knowing all the answers. Imagine getting the test results and seeing that you have passed.
- Try to describe the anxiety. Focus your attention on your anxiety and think about the feelings it causes: How large is it? Where is it located in your body? What is its color, its shape, and its texture? If you can completely experience a physical sensation it will often disappear.
- Aerobic exercise will help you to release anxiety and excess energy and, as a result, reduce body tension.
- Engage in positive self-talk. This involves: (a) thinking about rational responses to counter negative thoughts (e.g., instead of saying "I'm going to fail this test" say "I have the ability to do this."); (b) thoughts that help you to cope with stress (e.g., "I'm a little nervous, but that's just part of the process:"); and (c) thoughts that keep you on task (e.g., "I can write this essay if I break it into smaller steps.")

PACK EVERYTHING YOU NEED THE NIGHT BEFORE

Be sure you have a valid picture ID with your current legal name. The name should match your GED.com account. If you wish to use a hand calculator during your exam, you may bring a TI-30XS Multiview Scientific Calculator. GED testing facilities provide erasable note boards and markers to use while testing, so no need to pack pencils or notepaper. Bring a jacket in case the testing room is cold. Personal belongings such as cell phones, handbags, backpacks, wallets, keys are not allowed in the testing room. There is storage for these items at the testing facility, but it is very limited.

ARRIVE EARLY AT THE TESTING SITE

Arrive at least 15 minutes early to allow yourself plenty of time to check in, use the restroom, and have a few minutes to relax before starting the test.

READ QUESTIONS FULLY AND CAREFULLY

Read each question twice before you look at the answers. Read each answer twice before you answer. People often read questions too fast and fall into traps. The same goes for answers. You should also be careful not to read too much into the question. Questions are typically straight-forward. So don't over-read the question.

TRUST YOUR FIRST ANSWER

After you have read the question carefully (twice!) and all of the answers carefully (twice!) you will select your best answer. Trust yourself! If you have time left over to review your GED test, don't change any answers unless you find an obvious error that you are sure about. Your first answer is usually the right answer.

KEEP TIME ON YOUR SIDE

Although the time limits on the GED should allow you to finish your exam, it is still important to keep a correct pace going. Determine how much time to "budget" for each question. For example, if you have 40 minutes to answer 20 questions, then you have about two minutes per question. After every few questions, check the time to see if you are still on schedule. Don't dwell on questions that you don't know – skip them and move on. Conversely, don't rush questions that you think you know – read them twice and pick the best answer. Careless mistakes are often what separate a superior score from an average score.

START FIRST WITH WHAT YOU KNOW

You should answer questions that you know first and skip the ones that you are unsure of. Do not dwell on any one question. Answer all the questions that you are sure of first. If you are in doubt about an answer, mark the question, skip it, and go to the next one. When you are finished answering all of the questions that you know, then go back and look at your skipped questions. Sometimes the other questions in the exam will provide you some clues on how to answer some of your skipped questions that you were unsure of.

HAVE AN ANSWER FOR EVERYTHING

The GED does not penalize you for guessing. You should make sure that you answer every question, even if you are unsure of the answer or have to guess. If you have to guess, you can probably eliminate 1 or 2 answer choices immediately. Of the remaining choices, pick the answer that you feel the best about – and move on.

KNOW THE TRICKS

If you understand the following "tricks" about questions, you'll increase your score:

- Absolute – Answers with absolutes such as "always," "never," "greatest," and "must" are generally not the correct answers.
- Beware of "except" – Questions with "except" (or "which of the following is NOT true") are often read too fast and missed. A good way to answer these questions is to read all the answers and see if one does not belong with the others.
- Valid information – All of the information in the question is probably there for a reason. Don't ignore anything in the question – you will need it to correctly answer the question.

KNOW THAT WE'RE ROOTING FOR YOU

Literacy Lubbock staff and volunteers want you to be successful, and we have your back!

Sources:

<https://www.k-state.edu/counseling/topics/career/testanxiety.html>

<https://www.test-guide.com/ged-test-prep-top-ten-study-tips.html>

<https://magoosh.com/ged/ged-testing-days-schedule/>