

These study tips can be reviewed with your students if you are guiding them through Naviance Test Prep lessons

➤ **Get enough sleep.**

As the test date approaches, make sure you are on a regular sleep cycle. Keeping a regular, healthy sleep cycle will help you stay healthy, focused, and energized in addition to improving your concentration for studying.

➤ **Eat a nutritious meal.**

Remember to eat breakfast, and bring water and healthy snacks with you to help renew mental and physical energy during study breaks.

➤ **Practice good time management.**

Following the Naviance Test Prep study tasks will help you manage your study time. Not sure how much time to dedicate to Naviance Test Prep ? Just look at your knowledge goals for the day.

➤ **Find a study partner.**

A study partner can help keep you accountable and make study time more fun.

➤ **Learn to utilize the process of elimination.**

Try not to guess the answer. Use your study materials to look up the answer if you are not sure.

➤ **Answer practice questions and take full-length test before the actual test date.**

Naviance Test Prep full-length test are actual test. The test are timed to simulate a real test environment. Make sure you don't have your cell phone and turn off the television or music. Practicing under test day conditions can help to decrease any nerves that will come about on the test date because you will be used to working within that environment.

➤ **Try to use your enhanced vocabulary outside of study time.**

Using what you learn in Naviance Test Prep in actual conversations in everyday life can help you remember the meaning of the words. Saying the words out loud will allow you to understand pronunciation and be more conscious of the new words.

➤ **Exercise.**

Taking a walk or run with a friend is a great way to release any nervous energy you may have and can help you relax.

➤ **Check out the Game Center**

Naviance Test Prep Game Center is packed with fun, addictive games that help you learn faster and enhance memory retention.