

How do I  
analyze my  
confidence in  
my responses?

Trust my  
knowledge first,  
then my gut.

How do I  
ACE the  
ACT?

Practice,  
Practice,  
Practice!

Guessing  
Strategies?

Eliminate the  
wrong answers, fill  
remaining bubbles  
(no penalty)

How to  
stay  
motivated?

Exercise, eat right,  
get plenty of sleep,  
and confide in a  
friend or relative.

Can I chew gum during the test?

Yes!

How can I use the 10-15 minute break in the ACT?

Have a snack, get up and move around, drink water, and practice breathing.

How do I deal with a bad score?

Look at the explanations, and focus on those for the next test.

How do you prepare the night before the test?

Eat well, get a good night's sleep, and let someone know how you are feeling.

What do I do  
in case I panic  
in the test?

Set your pencil  
down, practice  
breathing, and  
refocus.

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