

Test Taking Tips

Here is a list of tips that you might find useful before and during your test in your home:

Before the test

- Do not eat a heavy meal before your test or drink too much water. You will not have any time to leave your seat.
- Practice breathing techniques to relax you.
 - Sample Breathing Exercise*
 - Take a deep breath in to the count of 4 and breathe out to the count of four.*
 - Do not raise your shoulders. Repeat several times.*
- Connect and test your headphones.
- Choose a comfortable chair.
- Turn your phone or cellphone off.
- Close the door to your room.
- If the proctor is present make sure they are sitting somewhere where they do not disturb your concentration.
- Make sure there is no noise coming from the outside.
- Have a watch or a clock in front of you.
- Prepare a pen a paper beside you.
- Wear comfortable clothing
- Printout the directions and the login information

During the test

- Arrive at your computer early.
- Place your head set on your head comfortably
- Log in
- The Basic EELPT starts with the listening so you can remove your head set after the listening is finished
- Read the directions carefully
- Stay calm
- Do not skip any questions. Make a guess if you do not know the answer.

- If there are any concerns, please contact us at jsmith@edupros.ca We are able to see what you were doing and if you were having any technical problems. All issues can be resolved. Stay positive!