



Test Confidence Under Pressure

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A 5-page playbook to stay calm, protect time, and prove answers on any test

Preview Boundary: This post shows Page 1 only. Pages 2–3 unlock the templates, scripts, and quick reference

What's inside

- Night-before + morning routine that avoids energy crashes
- In-test system: pacing, elimination ladder, 10-second proof check
- Accommodations without shame: what exists and how to ask
- Confidence bank + growth loop to turn mistakes into gains
- Quick reference page you can screenshot before every test

If you only do one thing

Use the Two-Pass Method. If you're stuck after 90 seconds, mark it and move. Return on Pass 2 with a time bank.

1: Pre-test confidence routine

What you do before the test matters as much as studying

NIGHT BEFORE	MORNING OF
• No new content. Review notes, then stop • Pack everything: ID, calculator, pencils, water • Caffeine cutoff by noon • 10-minute calm prep, review formulas, then relax	• Fuel, protein + complex carbs, avoid heavy sugar • Hydrate early, taper 30 minutes before • Warm up, 3 easy wins • Write your plan at the top, two-pass + 90 sec rule • Arrive early, reduce rush stress

P.S: Avoid the confidence killers, cramming, skipping breakfast, and starting late.

2: In-test system (Pacing, filtering, proof)

Two-pass pacing plan (fill before you start)

TEST TIME	TOTAL QUESTIONS	SECONDS PER QUESTION	MARK AND MOVE TIME

Two-pass method

- Pass 1: fastwins only, mark traps, keep moving
- Pass 2: return to marked items with a time bank
- Final 2 minutes: answer everything, bubble/transfer check

10-second proof check (use on every marked item)

CHECK	DONE
Last line answered	
Units/label match	
Estimated reasonable	
Proof shown, step/quote/number	

3: Accommodations without shame

Supports remove barriers, they don't give answers

Common accommodations

- Extra time
- Small group or quiet room
- Read aloud or text-to-speech
- Chunking
- Breaks
- Calculator or formula sheet when the goal is reasoning

P.S: Ask script, “On tests I struggle with _____. Can we talk about supports like _____ so I can show what I know?”

My support plan (fill before you ask)

BARRIER I EXPERIENCE	SUPPORT THAT COULD HELP	WHO I WILL ASK	WHEN

4: Confidence bank + growth loop (Turn every test into progress)

Confidence bank (2 minutes after practice)

MICRO-WIN	BECAUSE	FIX RULE FOR NEXT TIME
I got ____ right	because ____	Next time I will ____
I improved ____	because ____	Next time I will ____

3-question error log (after a test)

QUESTION	WHY I MISSED IT	FIX RULE	8-MINUTE PRACTICE