TSIA2 Math Test-Day Success Guide

Manage test anxiety • Pack with confidence • Use your time wisely

“You are prepared. You are capable. Take it one question at a time.”

1. Tips for Managing Test Anxiety

Before test day

- Prepare in shorter, focused sessions instead of one last-minute cram session.
- Practice with TSIA2-style questions so the format feels familiar.
- Use a simple plan: review, practice, check errors, and briefly reflect.
- Protect sleep and regular meals; avoid relying on extra caffeine or energy drinks.
- Replace 'I must be perfect' with 'I can use what I know and make a thoughtful choice.'

When anxiety rises

- Pause and place both feet on the floor.
- Breathe in slowly, then let the exhale last a little longer. Repeat several times.
- Read only the question in front of you, not the whole test at once.
- Write down one useful fact, formula, diagram, or first step.
- If stuck, make your best supported choice and move forward.

Get support when needed: If anxiety is intense, persistent, or interferes with testing, contact a counselor, accessibility services office, or healthcare professional before test day. Ask the testing center about approved accommodations and required documentation.

2. Test-Day Materials Checklist

Testing requirements can vary by location or remote-proctoring setup. Verify the current instructions in your appointment confirmation and with your testing center.

Required or commonly requested	☐ Valid, acceptable photo ID ☐ Appointment confirmation, testing ticket, or voucher information if required ☐ Any testing-center forms or instructions ☐ Eyeglasses, hearing aids, or other routinely used approved items
Bring only if allowed	☐ Water or a small snack for an approved break ☐ A light layer for room temperature ☐ Documentation for approved accommodations ☐ A simple bag for permitted personal items
Leave secured unless specifically allowed	☐ Phone and smartwatch ☐ Personal calculator ☐ Notes, formula sheets, scratch paper, or pencils supplied only if permitted ☐ Other electronic devices or study materials

Night-before quick check

☐ Confirm the location or remote login process
☐ Check the start time and set alarms
☐ Lay out identification and permitted materials
☐ Plan transportation or device setup
☐ Choose a realistic bedtime

3. Key Time-Management Strategies

Steady progress beats rushing. Use a clear plan for every question.

1	Remember the TSIA2 is untimed Do not rush because another student finishes. Work steadily and allow enough total time for the testing session.
2	Use the first-read rule Read the entire question and all answer choices before calculating. Identify exactly what the problem asks you to find.
3	Start with a small plan Name the topic, list the known information, and choose a first step. A quick diagram, equation, table, or estimate can prevent wasted work.
4	Use a productive-stuck limit If no useful step is emerging after a reasonable effort, eliminate choices, make the best supported choice, and continue. Return only if the testing system permits it.
5	Check strategically Check signs, units, decimal placement, substitutions, and whether the answer is reasonable. Rework only when you identify a specific concern.
6	Pause without losing momentum Take one controlled breath, relax your shoulders, and restart with the question stem. A brief reset is better than rereading without a plan.

Finish with confidence: Pause, plan, solve, check, and move forward.

Note: This handout provides general educational strategies, not medical advice. Confirm all test-day rules with your testing center because local procedures may differ.