



Aussin Coaching and Tutoring Academy Newsletter

THURSDAY 22/11/18

Five things you should do before the WA GATE/ASET Test

Looking for study tips to help you on the WA GATE/ASET Test? You have come to the right place. This list of test-taking strategies will prepare you and boost your scores.

Nervous? Do not be. You are going to walk into the testing room with something many first-time test takers do not have: you are going to have a strategy! While these study tips may not guarantee perfect test scores, they can give you confidence and hopefully a few extra correct answers.

1. Paractice! Practice! Practice!

Make sure you have prepared yourself well enough through [parctice tests, preparation materials and coaching courses](#).

2. Do not freak out.

Easier said than done, I know, but even though these tests can be scary, freaking out will do you no good. Make sure to include self-care in your test-prep routine: meditate, eat well, and get plenty of sleep.

3. Pump yourself up before the test.

It might mean listening to an up-beat song or wearing your favorite outfit. It does not matter if you actually think it brings you luck; if it gives you confidence, you should have it on test day.

4. Come up with a calming routine.

Despite everything I said above, no one has brain that is ruled entirely by

logic. Have a strategy for if you do start to lose it during the actual test. This could be anything from repeating a calming mantra, playing a snippet of a happy song in your head, or taking three deep breaths. Whatever it is, it should be silent and calming. To make a long tip short, come up with an instant anti-adrenaline shot before you take the test.

5. Eat breakfast. Drink water too!

Even if your nerves are running wild and it feels like you do not want to eat a thing, remember do not make yourself sick, of course, but at least attempt to get something healthy in your stomach. Also remember that hunger can become a distraction when you are taking the test. Ideally, your breakfast will be something with complex carbs and protein, so you will be fueled along the test. Go for things like multigrain cereal, avocado toast, low-sugar oatmeal, an egg-white omelet, or fruit.

GATE/ASET Exam

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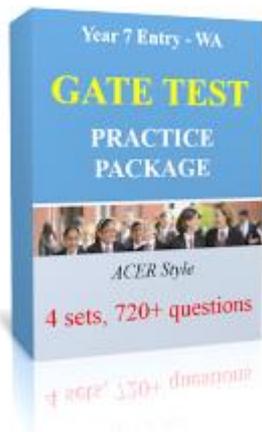
What is Next?

Looking for more advice on how to plan your GATE/ASET test preparation? Learn more with [our articles that give you best tips](#).

Thinking about getting a tutor to help you with your GATE/ASET test score goals? Find out [how you could hire the best tutor who comes to your home to help you become more successful with 1-on-1 private lessons](#).

How early should you begin studying for the GATE/ASET test? Read [our analysis of when to start studying for the GATE/ASET test](#) and figure out what works best for you.

Yr 7 Entry - WA - GATE/ASET Test Online Practice Pack (4 sets, 720 questions)

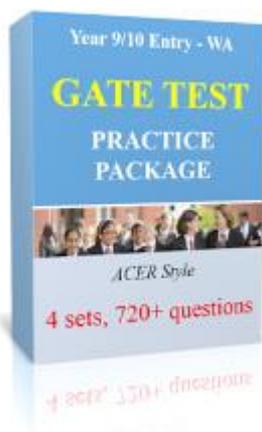


This package consists of 4 sets GATE/ASET online practice exams, 720 questions, to assist students from Western Australia to prepare for GATE Test in order to gain entry at Year 7 into selective schools including Perth Modern School, Shenton College, etc. [more info](#)

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