

雅思考试注意事项(英) PDF转换可能丢失图片或格式，建议
阅读原文

https://www.100test.com/kao_ti2020/178/2021_2022__E9_9B_85_E6_80_9D_E8_80_83_E8_c10_178812.htm Days before the test This is not a time for intensive study. It is a time to review skills and your test technique. It is important to exercise, eat, rest and sleep well during the week in which you will take the test. Leave nothing to chance. If you do not know how to get to the test centre, try going there at a similar time one or two weeks before the real test. The night before the test You must have a good dinner and go to bed at your normal time not too early and not too late, as you do not want to disrupt your sleep pattern if possible. Have everything ready that you need to take with you to the test so you can simply pick it up in the morning, for example, the test registration form, passport, test number, pens, pencils, erasers, etc. A pen that runs dry or a pencil that breaks can take several minutes to replace. Check before the exam exactly what articles you need. Set your alarm clock the night before or arrange a wake-up call. On the morning of the test Eat a good breakfast. You will have several hours of concentration ahead of you and you will need food and drink in the morning. You may even want to bring more food or a snack with you, especially if your speaking test is at a later time that day. You cannot, however, take food or drink into the exam room. If possible, wear a watch in case you cannot see the clock in the exam room. It is essential that you keep track of time. Give yourself plenty of time to get to the test centre. You will be required to complete a registration form and to

show your passport before you enter the examination room so you must arrive at the time specified by your test centre. If you are early, you could go for a walk. If you are late, you will not be allowed to enter. Avoid the added tension of having to rush. During the test Most students at the test will feel nervous. This is quite normal. In fact, it can actually be quite helpful in terms of motivation. It may make you alert and help you to focus. The aim is for you to try to perform at your optimum level. In contrast, high levels of anxiety can affect a student's performance. However, much of this anxiety can be overcome by good preparation, familiarity with test details and a positive attitude. The examination room should be suitable for testing, that is, the lighting, ventilation and temperature should be appropriate. If you are uncomfortable because of any of these factors or if there is some other problem, such as not being able to hear the recording of the Listening Module, make sure you ask the person in charge to do something about it. For example, you may ask to change seats.

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