

## Dressed to Test: Thomson Peterson's Offers Fashion Tips for Test-Takers

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LAWRENCEVILLE, N.J., Oct. 26 /PRNewswire/ -- Thomson Peterson's, a leading producer of academic test preparation materials and college search and financial aid information, today released expert fashion advice for students taking high-stakes exams such as the SAT and ACT.

"On test day, it's important for students to feel confident and comfortable in every way possible, right down to their choice of clothes," said Gregg Driben, vice president and general manager, Thomson Peterson's.

Thomson Peterson's today released expert advice and helpful hints on nontraditional preparation methods to improve test performance as part of Peterson's Test Lab, a think tank established to identify environmental factors that can help students better prepare for tests. As students prepare for upcoming test days, there are a few things to keep in mind in terms of what to wear.

"Taking the SAT or ACT is a time when one is excused from being fashionable," said Jonathan Meizler, fashion expert from JonValdi in New York City. "However, confidence about one's personal appearance can translate into confidence about one's performance on an exam. By following a few simple guidelines, students can have one less thing to worry about on test day, allowing them to focus on the task at hand."

When paired with attention to other environmental factors as well as academic preparation through a test prep course, the following tips from Peterson's Test Lab can ensure that students' attire is appropriate and helpful as they tackle the exam. Tips include:

- \* Be comfortable and avoid restrictive clothing or clothing that might distract you. Loose, light garments such as lounge pants, cargo pants and T-shirts are good choices.
- \* Wear breathable fabrics such as cotton, not synthetic fabrics like polyester and nylon.
- \* Dress in layers, and bring a sweater in case the room gets chilly.
- \* Bring a rubber band to tie back your hair if it is long so that it won't continually get in your face.
- \* Bring a watch to the test to help pace yourself and keep track of time.
- \* Try not to wear weighty or excessive jewelry that will make noise and cause distractions (i.e. metal bracelets).

Peterson's Test Lab tips and advice are being made available to students in a special section of the company's website: <http://www.petersons.com/testlab>. The full list of fashion tips have been posted in addition to our recently announced diet component and information on the ideal study environment. New program components will be added to the site each month through the end of the year.

If you are interested in learning more about Peterson's Test Lab's fashion tips to help students increase test-taking success, contact Gabrielle Zucker at 212-367-6861 or via email at [gabrielle.zucker@eurorscg.com](mailto:gabrielle.zucker@eurorscg.com).

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