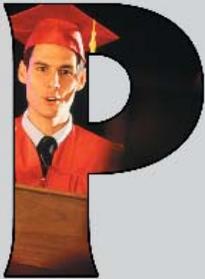


Test-taking tips for students



Tips for Involved Parents and Students



Before the test...

- Get plenty of rest the night before.
- Eat a nutritious breakfast before the test. Avoid high sugar foods.
- Wear comfortable clothes.
- Arrive to school on time. You will feel more relaxed if you're not rushed, so wake up a few minutes early.
- Relax. You'll do better if you don't worry. Try to remember that the results of tests help your teachers plan for your education. It's your time to "show what you know."
- If you are "stressed out" about your test, here are four stress-busting strategies:
 1. Slow down and relax;
 2. Take slow, deep breaths;
 3. Close your eyes and think positive thoughts; and
 4. Take a moment to prepare for the test. Be sure you have sharp pencils, a good eraser, and blank scratch paper.

During the test...

- Always listen and follow the directions. Ask questions about any directions that are unclear.
- Make sure to mark your answers in the right place on your answer sheet. Darken the circles completely.
- Take your time and read carefully.
- Read all written directions carefully before you begin.
 - Read the entire question or story before you answer.
 - On multiple-choice questions, read all your answer choices before selecting your answer. If you are not sure, eliminate answers that you know are wrong before you make a guess. Remember, there's no penalty for guessing!
- Think about your answers. Don't second-guess your answers. Your first answer often is the right answer.

Important test words that you need to know...

To do your best work, you need to make sure you understand the test question. Here are important terms you need to know:

Synonyms— Words that have similar meaning

Antonyms— Words that have opposite meaning

Estimate— Make an approximate calculation

Infer— Draw a conclusion using the information you are offered

Explain your answer— Write a complete description of the way you got your answer

When you are finished with the test...

- If you have time, go back and review your answers.
- Check that you have answered every question. Guessing is OK if you don't know the answer, but eliminate wrong answers first.
- If you find a mistake, erase completely and carefully, and bubble in the correct answer.
- Check for any stray marks and erase them.