
Test Taking Skills

— Preparing to do your best on the —
test!



3 Minute Writing



Take 3 minutes to write down your thoughts about the upcoming SOLs.

How do you feel about them?

What do they mean to you?

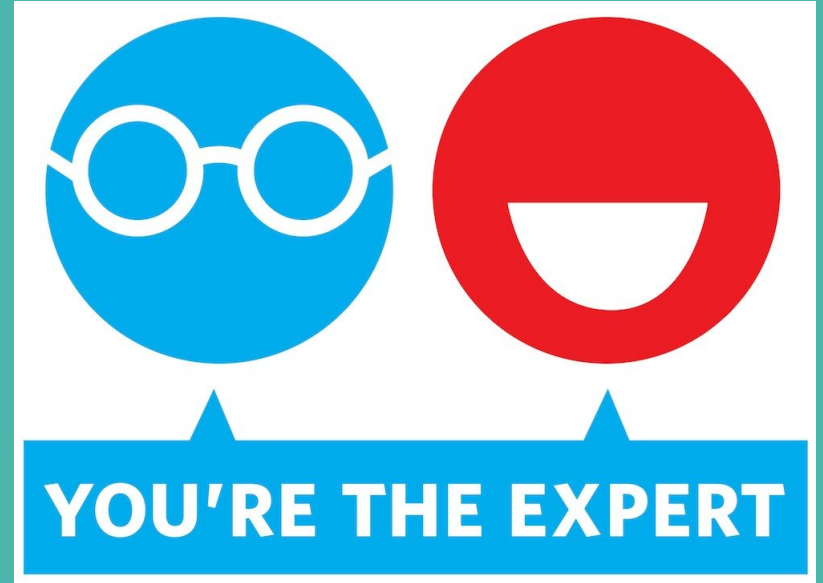
Share!

**Now that we know that the test
doesn't define us...**

Let's prepare to do our best!

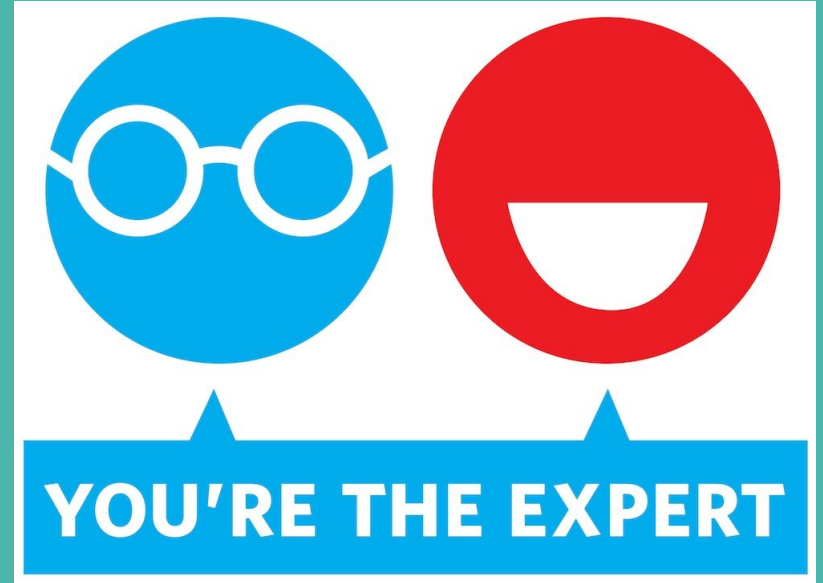
What do you do to prepare for a test?

Share your strategies,
write them down!



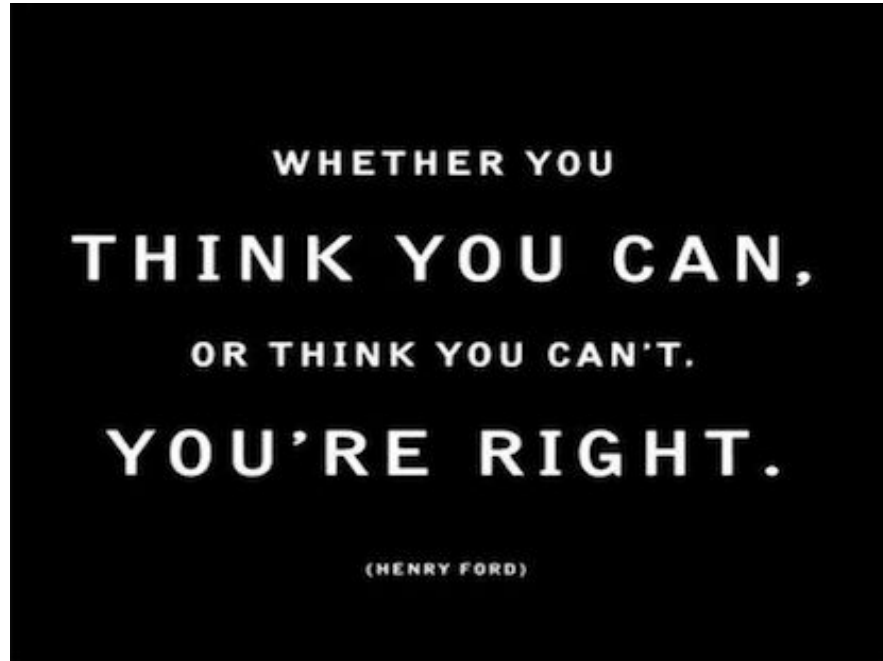
What are some things you do while taking a test?

What helps you to stay calm and do your best?



Test Taking Strategies

Testing Tip #1: Visualize Your Success



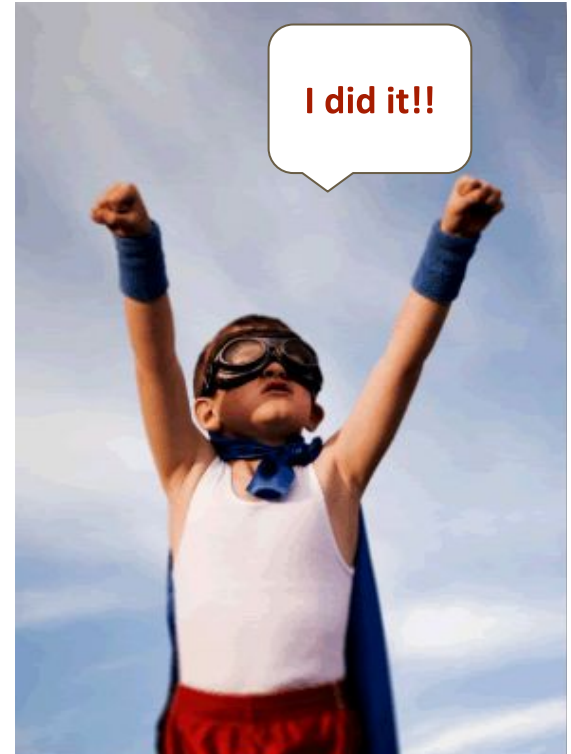
Discuss how this quote relates to test taking.

Testing Tip #1: Visualize Your Success

Starting now!

Every day, take a few seconds to sit back, close your eyes, and imagine what it will feel like to get the scores you are working for on the test. Be detailed, and allow yourself to really feel the excitement!

Now, Is this going to magically make you get an A without studying? **NO!** But being able to imagine a concrete picture of what success looks like to you, allows your goals to become less abstract and more obtainable. If using your imagination isn't your thing, try writing your goals down instead. Believe in yourself! (We do! 😊)



Testing Tip #2: Before the test

- Prepare your bookbag/outfit the night before - make sure you have all the supplies you need!
- Get plenty of sleep (**9-10 hours**)
- Don't stay up late studying, sleep is more important.
- Eat a healthy breakfast in the morning (eating a heavy breakfast can make you tired).



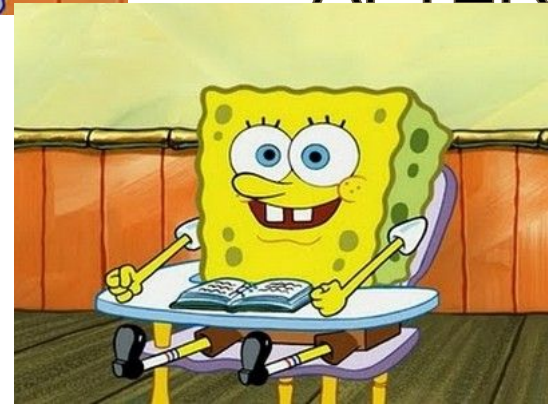
Testing Tip #3: Reducing Anxiety

- Visualizing Success
- Deep Breathing
- Stretching
- Progressive Muscle Relaxation
- Positive Self Talk
- Take a break! Restroom, drink of water.

BEFORE



AFTER



Tips and Tricks

As soon as you are allowed to, write down anything you want to remember at the top of your paper. For example: Names, Formulas, Dates, etc. Read the directions for each question carefully.

Don't get stuck on difficult questions! Take your time, but if you are really struggling on one question, mark it for review and move on! Don't let that one question raise your stress levels for the rest of the test. You can always come back to it.

Multiple Choice Questions: Try to come up with the answer in your head BEFORE you look at the other answers. Sometimes those other answers are meant to confuse you. This strategy will help avoid that!

Check ALL of your answers before submitting. I know you are tired at the end of the test, but be sure to click through and make sure you feel good about your answers before submitting. You could ask for a break before then if needed.

You're Ready!

If you follow the simple steps we outlined in this presentation, you are going to feel more prepared for the upcoming SOLs.

Remember, **these tests do not define your ability to be successful.** However they are important, and you should always do the best you can!



If you feel like you need more guidance on how to prepare for tests, talk to your teacher about it or make an appointment with your school counselor. We are here to help!