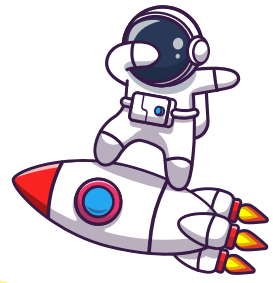


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10 Test Taking Tips



1. Get 9-12 hours of sleep.



2. Eat a good breakfast in the morning and drink plenty of water!



3.  Arrive to school on time.

4. Engage in Positive Self-talk.



5. Do a quick and quiet brain break if you start to lose focus.

(Mindful breaths,
"Squeeze the lemon,"
Temple Taps, Give yourself a hug)



6. Focus on yourself, and try to be present at the moment.



7. Listen to directions and read questions carefully. If you need help, raise your hand.



8. Be mindful of time but, take your time. ✓✓

9. Share out any kind of feelings you have about the test with a trusted person.



10. Always remember: A test cannot define who you are as a person.



los 10 Mejores Consejos Para hacer Un Examen



1. Duerme de 9 a 12 horas.



2. Desayuna bien por la mañana y bebe mucha agua!



3.  Llegar a la escuela a tiempo.

4. Háblate a ti mismo de forma positiva.

¡Ya lo tengo!

Haré lo que pueda.

¡Soy inteligente!

5. Haz una pausa cerebral rápida y tranquila si empiezas a perder la concentración.



(Respiraciones conscientes,

"Exprimir el limón".

Golpes en el templo, Darse un abrazo)



6. Céntrate en ti mismo y trata de estar presente en el momento.



7. Escucha las instrucciones y lee las preguntas con cuidado. Si necesitas ayuda, levanta la mano.



8. Ten en cuenta el tiempo, pero tómate tu tiempo.



9. Expresa cualquier tipo de sentimiento que tengas sobre la prueba con una persona de confianza.



10. Recuerde siempre: Un examen no puede definir quién eres como persona.



- 1. Get 9-12 hours of sleep/Duerme de 9 a 12 horas.**
 - Get students thinking about their personal routine. Have students go in depth about what their routine looks like, how they differ/ are the same from another, and have them share out a tip.
- 2. Eat a good breakfast in the morning and drink plenty of water!/Desayuna bien por la mañana y bebe mucha agua!**
 - If students don't eat breakfast, have them share why that might be. If they do, have them share what it is and suggest things to one another, so they are open to ideas on what to have.
- 3. Arrive to school on time/ Llegar a la escuela a tiempo.**
 - Have students think about being proactive in taking autonomy to set their own alarms, remind parents/guardians about important dates etc.
- 4. Engage in Positive Self-talk./Háblate a ti mismo de forma positiva.**

Positive self-talk is the conversations we have with ourselves, our inner voice. And the way we talk to ourselves can be harmful or helpful to our overall comfort, happiness, and health. Share out examples & have them create their own.

 1. I have everything that I need within me- Tengo todo lo que necesito dentro de mi
 2. I can do anything that I set out to do- Puedo hacer cualquier cosa que me proponga
 3. I am strong - Soy Fuerte
- 5. Do a quick and quiet brain break if you start to lose focus. /Haz una pausa cerebral rápida y tranquila si empiezas a perder la concentración. (Have students practice these interventions)**
 1. Mindful breaths- slowing down to feel the natural flow of your breath at each inhale and exhale.
 2. Squeeze the lemon- A type of Progressive Muscle Relaxation (PMR) which is an exercise that can help calm our bodies and minds by slowly tensing and relaxing our muscles.
 3. Temple Taps- Emotional Freedom Technique (EFT) which is known as "tapping." This can lower stress and anxiety. ("evidence-based" practice)
 4. Give yourself a hug- Acknowledge that it sounds silly but share how it can be a self-soothing action.
- 6. Focus on yourself, and try to be present at the moment/Céntrate en ti mismo y trata de estar presente en el momento.**
 - Share how mindful breaths can help with this.
- 7. Listen to directions and read questions carefully. If you need help, raise your hand/Escucha las instrucciones y lee las preguntas con cuidado. Si necesitas ayuda, levanta la mano.**

Everyone is different. What one person may need to have a successful test experience will vary from another person. (Self-disclosure: When I was in your grade I had an accommodation to have extra time while taking tests which made me feel and be successful as a test taker.)
- 8. Be mindful of time but, take your time. Ten en cuenta el tiempo, pero tómate tu tiempo.**
 - Remind students what could happen if you rush through an exam, i.e., miss questions, cause misunderstanding, etc.
- 9. Share out any kind of feelings you have about the test with a trusted person/Expresa cualquier tipo de sentimiento que tengas sobre la prueba con una persona de confianza.**
 - Get students to think about a support line i.e, confiding in those they trust about feelings surrounding test taking experience and acknowledge how it can be scary but that people don't know what they don't know so if know one is aware that help is needed, it can be given.
- 10. Always remember: a test cannot define who you are as a person. Recuerde siempre: Un examen no puede definir quién eres como persona.**
 - Humans are not defined as a number. Tests anxieties are a valid thing to be concerned about, but that is why we want to look at how we can best prepare for the experience by putting our best foot forward.



Speak Your Mind/Diga lo que piensa.

1. Share what you learned today/Comparta lo que aprendió hoy:

2. What questions do you still have?/¿Qué preguntas tiene todavía?

3. How can Ms. Kayla improve future lessons?/¿Cómo puede la Sra. Kayla mejorar las futuras lecciones?

Lesson Title: Test Taking Tips

Grades: 6th grade

Objectives: To develop and improve test-taking skills.

ASCA Mindsets & Behaviors:

- M 1. Belief in the development of the whole self, including a healthy balance of mental, social/emotional, and physical
- B.SMS 1. Demonstrate ability to assume responsibility
- B-SS 2. Create positive and supportive relationships with other students
- B-SS6. Use effective collaboration and cooperation skills

Materials:

- Top 10 Test-Taking Tips, one copy per student
- Speak your mind exit slip
- Computer
- Smartboard for the entire class to view slides
- Scrap paper or students can use test taking sheet to write little notes
- Pencils/pens
- Clock

Activities:

1. Introduce myself
2. Begin with would you rather icebreaker to transition into the class lesson.
3. Introduce the topic of test-taking strategies. "Today we are going to learn some tips and strategies that you can use to help you do your best on a test"
4. Read the Top 10 Test-Taking Tips handout together. While we read the list, get students thinking about what it means to them the first time around.
5. Go to Digging in Deeper to have students share personal experiences that bring awareness to their needs, if they are being met, and have support for one another in creating plans for themselves and peers.
6. Hand out the "Speak Your mind" exit slip. Let them know it's anonymous and authentic feedback is appreciated because there is always room for improvement.
7. Point out positives regarding how everyone worked together, respected each other, and showed bravery in disclosing personal experiences.
8. Wrap up/ Thank students for their time and participation.