

More Tips...

Be considerate of your neighbors. Avoid unnecessary tapping of your pencils or feet, shaking the table, or making unnecessary noises... Things like this can be distracting. Want the very best situation for yourself and for your classmates.

If you're taking a paper and pencil test, be sure you have several sharpened pencils available. Don't wait until the test starts to run over and sharpen your pencils. If you don't have pencils, make sure you get some. If you can't for some reason, let your teacher know right away.

You probably know some things that work well for you. Share these tips with your friends!

Ways to Relax...

- Take deep breath
- Close your eyes for a few seconds and think about something pleasant
- Stretch in place
- Think about your body for a minute. Are your muscles tensed, are your fingers cramped, are you breathing in a shallow manner? Think "muscles relax!" Stretch your fingers. Breathe deeply!
- Enjoy the fact that you know some answers. It feels good when we know we know something!
- Realize that you're a great person with many talents and abilities. The test you're taking is a "snapshot" of what you can do. It's not the total you. Just realize that. Do your best, and move forward.

HANDLE TEST STRESS LIKE A 5TH GRADER!



Taking a test can be stressful. Surprisingly, this is not necessarily always a bad thing though. Sometimes stress can cause us to try a little harder, think a little deeper and focus a little better. The important thing is, don't be so stressed that you end up in distress!

Some stress is OK,
distress is Not OK.

Here are some tips and strategies to assist you as you take tests.

Tests are a part of life so we should know how to approach them!

Strategies and Tips For Taking Tests

The best way to take a test is to be prepared to take it. You do this by consistently listening and participating in class, doing your homework, asking clarifying questions if you don't understand something and doing your best work.

Here are some additional strategies:

Relax! But not too much! You want to tell yourself, "this is important but I need to keep things balanced. I'm going to do my best and then let it go!"

Realize that you probably know more than you think you do! You're in fifth grade so you've actually accumulated a lot of knowledge!

Begin with what you know.

Remember, education is progressive, that is, you learn something and then you learn something else related to that, but on a higher level. When you come to a situation, don't assume that you have to figure everything out from scratch. Start with what you know. For example, if you need to find out how many cookies are in five boxes, don't add 30 five times, multiply 5×30 . Use what you've learned!

Get enough sleep before a test. Eat properly too. How you feel physically is important during test taking.

Think Positive Thoughts - Just like you need to feel physically good, having a good attitude is important too!

Review the test before you begin. Know how much time you have to take the test and how many questions are on it so you can pace yourself.

Pace Yourself. Once you know the layout of the test, discipline yourself, work consistently so you make good progress.

If you don't know... While you're taking a test, you may come to a problem that you just don't know the answer to. Don't hover there and think about the fact that you don't know the answer. Move on. Don't focus on what you don't know, focus on what you do know! Also, ask your teacher if you should guess if you don't know the answer. If guessing is OK, don't fall into the "Guesser Trap". In this trap, a person guesses their way through a test and is frustrated and sad. Always try your best; you'll feel a lot better.