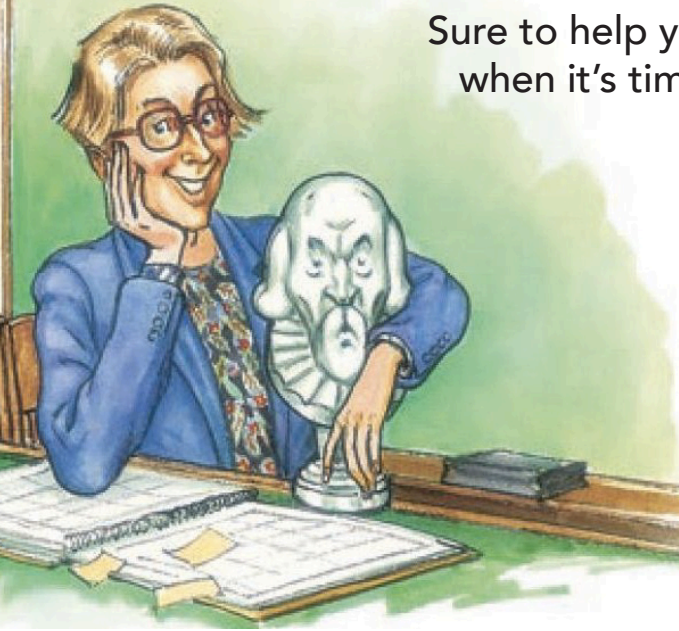
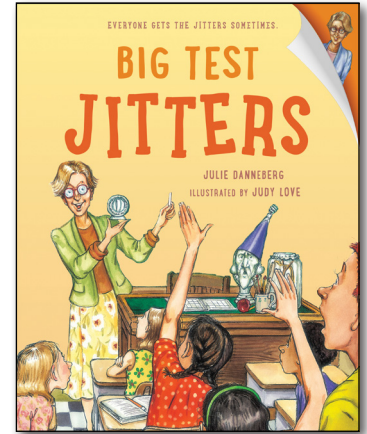


# Sarah Jane Hartwell's Test Preparation Tips

Sure to help your students gain confidence when it's time to show what they know!



see these ideas  
at work in . . .



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- **Practice sitting still for long periods of time.** Timed standardized tests can cause anxiety and the fidgets. Mrs. Hartwell has her students read quietly at their desks and work on their own every day during the week of the test.
- **Practice reading the directions.** Sometimes when students feel the pressure to finish the test in the allotted time, they skip reading the directions thoroughly and miss key instructions. Review previous homework assignments and discuss how the instructions might have seemed tricky. This secretly gives students a chance to review the material they learned.
- **Practice filling in the bubbles.** Those bubbles seem like fun until a correct answer is miscounted because the bubble wasn't filled in properly. Filling in the bubbles can become second nature with practice.
- **Practice good nutrition.** An empty stomach means a preoccupied mind. Discuss why eating a good breakfast will help students concentrate on the test. Also discuss what foods are good brain foods.
- **Practice testing.** That's right, a test before the test. Nothing builds confidence like experience. Give your students a chance to sit still for a long period of time, read directions, and fill in the bubbles. Tell students you will be checking their answers, but this test won't count towards their final grade. Don't forget to set the timer!
- **Practice relaxing.** On the day before the test, take a page out of Mrs. Hartwell's book: have a little fun and tell students, "Stop worrying and just relax!"

