

Port Susan Middle School

Counselor Corner-April, 2017

Tests are important, especially to students. A test may measure a basic skill, affect a year's grade, or measure what a student has learned. It may also affect a student's placement in a class so it's important to do well on tests.

Besides, the ability to do well on tests can help throughout life such as getting a driver's license, trying out for sports, or getting a job. Your child can develop this ability and you can help them. Try some simple techniques developed through the Office of Educational Research and Improvement.

- Space studying over days or weeks. Real learning occurs through studying that takes place over a period of time. Understand the information and relate it to what is already known. Review it more than once.
- Don't "cram" the night before. Cramming increases anxiety which interferes with clear thinking. Get a good night's sleep. Rest, exercise, and eating well are as important to test taking as they are to other schoolwork.
- Read the directions carefully when the teacher hands out the test. If you don't understand something, ask the teacher to explain.
- Look quickly at the entire examination to see what types of questions are included (multiple choice, matching, true/false, essay) and, if possible, the number of points for each. This will help you pace yourself.
- If you don't know the answer to a question, skip it and go on. Don't waste time worrying about it. Mark it so you can identify it as unanswered. If you have time at the end of the exam, return to the unanswered question(s).

It's good to be concerned about taking tests. It's not good to get "text anxiety". This is excessive worry about doing well on a test and it can mean disaster for a student. You may want to encourage your child to try these techniques.

(source: Helping Hand)