

Learn
BRIGHT

TEST TAKING STRATEGIES



GRADE **4-6**

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Classroom Procedure:

1. Introduce the lesson by asking students to think about how they feel when taking a test. First, write down the “emotion expressing” words on the board as students share. Next, organize the stressful emotions from positive ones to see how students often feel before a test. Finally, ask students to stand up if they want to always feel prepared and calm before a test.
2. Distribute Test Taking Strategies Content pages.
3. Distribute the Activity 1 Page. When students have finished coloring their motivational banner, hole punch the top and string the string through to link all of the inspiration together. Then, hang it in the classroom for students to see.
4. Distribute the Activity 2 Page. Make copies of test questions and cut the questions apart. Use several different buckets placed around the classroom with a question in front of the bucket. Students should write their name on the question, answer the question, and put it in the bucket for a chance to win a prize. If students do not answer correctly, have them work with you to refresh their skills.
5. Distribute the Activity 3 Page. Create a poster like the one below. Place both positive and negative point values on folded sticky notes so students can not see what number they choose. Each team that answers a question correctly will be able to select a sticky note. Using the Heads Together format is a great way to keep all students accountable. Continue playing until the sticky notes are gone, there are no more questions, or the time limit is up. The team with the most points wins.
6. In closing, ask students to write down two strategies they always use and one strategy they will work on implementing for the next test or quiz.



Lesson Title: **Test Taking Strategies**

Subject: **Math**

Approximate Grade Level: **4 – 6**

Objectives: The student will utilize test-taking strategies during quizzes and tests. By using strategies, students will reduce test anxiety and increase their scores!

Common Core State Standards: Mixed

Class Sessions (45 minutes):

2 – 3 Class Sessions

Teaching Materials/Worksheets:

Content Pages (2), Activity Page (1), Practice Pages (2), Homework Pages (2)

Student Supplies:

Activity 1: Computer, internet access, colored pencils or markers, scissors, hole punch, string or tape, Activity 2: Pencil, scratch paper, and calculator (optional), Activity 3: Pencil

Prepare Ahead of Time:

Activity 1: Copies of the banner, extras too, if students want to make more than one
Activity 2: Questions for each bucket, prizes
Activity 3: Stinky Foot Poster

Options for Lesson: In Activity 1, students can research their own motivational saying, or a list can be provided to them from which they choose. If a banner does not work for your classroom, have students make a poster or a video that you can play before the test starts to help students feel at ease.

In Activity 2, there are many different ways to modify this game to make it work for your classroom. There can be a single question for each bucket or various questions. Students can put their names in once or with multiple questions. Drawing for the prize as a class is a lot of fun and helps to boost student excitement. Students who struggle can be referred to online games for that skill or work within a small group setting.

In Activity 3, switch up the scoring and have the team with the least number of points win, but be sure to add some extra negative values!

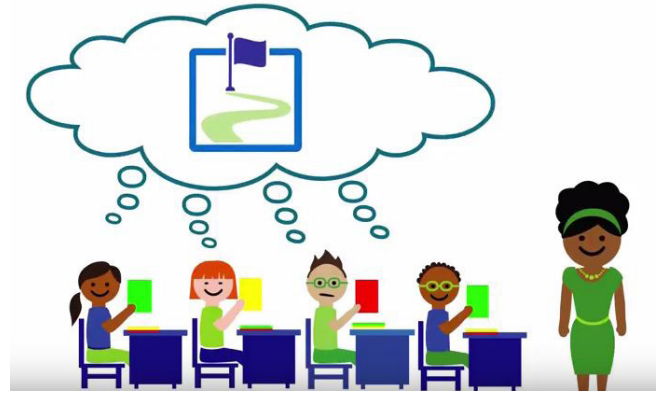


Teacher Notes

Taking tests can be very stressful for students. Therefore, knowing strategies to help increase success on tests is imperative as students move through their educational careers. These activities are designed to help students review material and improve their self-esteem. In addition, the lesson includes a Study Plan Template to get students motivated, prepared, and ready for any exam!

Test Taking Strategies

It is normal to feel a little bit nervous or stressed before a test. Almost everyone does! These proven test-taking strategies can help you feel less stressed and do better on your tests.



#1 Do the Word Problem Questions First

Before you look at any of the other questions, find the word problems, and do these questions first. Word problems take a lot of brain power, more time than simple calculations or multiple choice. So it's best to tackle them when your brain is fresh at the beginning of the test.

#2 Take your time

Don't be this guy! Remember to take your time and double-check your answers. Checking your answers means going back and making sure that your solutions make sense. First, check your multiplication and other operations to be sure you read the question correctly. Then, plug your answer back into the equation if you have solved anything algebraically and see if it works.



#3 Manage your time



Be sure you know how much time is left. For example, if you have 60 minutes to answer 30 multiple choice questions, you have about two minutes for each question. So check the clock and make sure you have enough time to complete every question. Just remember - Do not rush through the test!

#4 Read all questions thoroughly

Always read the question thoroughly and carefully. Make sure you know and understand what the question is asking you. If you don't, raise your hand and ask your teacher for assistance.

#5 Eliminate Answers

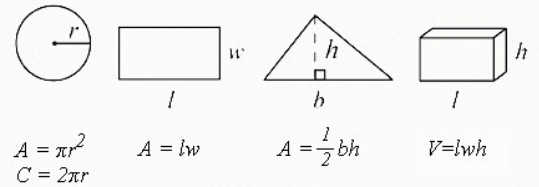


Most multiple-choice tests have 2 similar answers and 2 answers that do not make any sense. Eliminate the choices that make no sense by marking a line through them. Then you will only have 2 answer choices to choose from. Solve the problem and choose the best one. Remember that you can also use the answers to help you solve the problem if you are stuck and unsure of what to do.

Test Taking Strategies

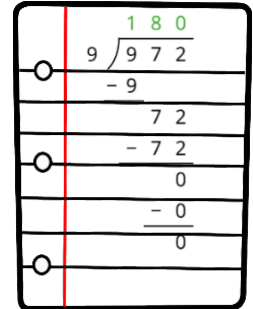
#6 Use the Formula Sheet

If there are formulas, you may be given a formula sheet. Be sure to use it, so you don't have to remember formulas off the top of your head!



#7 Use scratch paper AND use a calculator (if allowed)

You should write out all of your work and use a calculator if you're allowed. When you check your answer, you can see where you might have gone wrong.



#8 A blank answer is always wrong



How many points in basketball do you get if you **never** take a shot? None, of course! The same is true if you leave an answer blank. If it is a multiple choice question and you are unsure of the answer, don't leave it blank. Instead, mark an answer and go on. In many standardized tests, you earn points for correct answers. So, you are not penalized if the answer is wrong. A guess is better than no answer at all. For questions where you have to write answers, you may still get some credit for an answer even if it is not entirely correct. Like in basketball, you only get points when you make an effort and shoot the ball!

#9 Sleep and what you eat matters

It can be hard to sleep the night before the big test. Don't over prepare! Review your notes a couple of hours before your usual bedtime. Read a book or do something relaxing. Eat a good breakfast and leave a few minutes early to arrive at the test site unrushed and unhurried when you wake up. Sip water a few minutes before the test and eat a piece of peppermint candy. Scientists say that eating peppermint candy kicks the brain into high gear, and the peppermint soothes a nervous stomach!



#10 Don't stress!



Did you know that being stressed causes more stress? So stressing out over a math test (or any test) will just create more anxiety! So take a deep breath before you begin, tell yourself you are prepared, and you'll do just fine! During the test, do some stretches in your chair. Encourage yourself with positive self-talk. Finally, remember one test doesn't define you as a person.



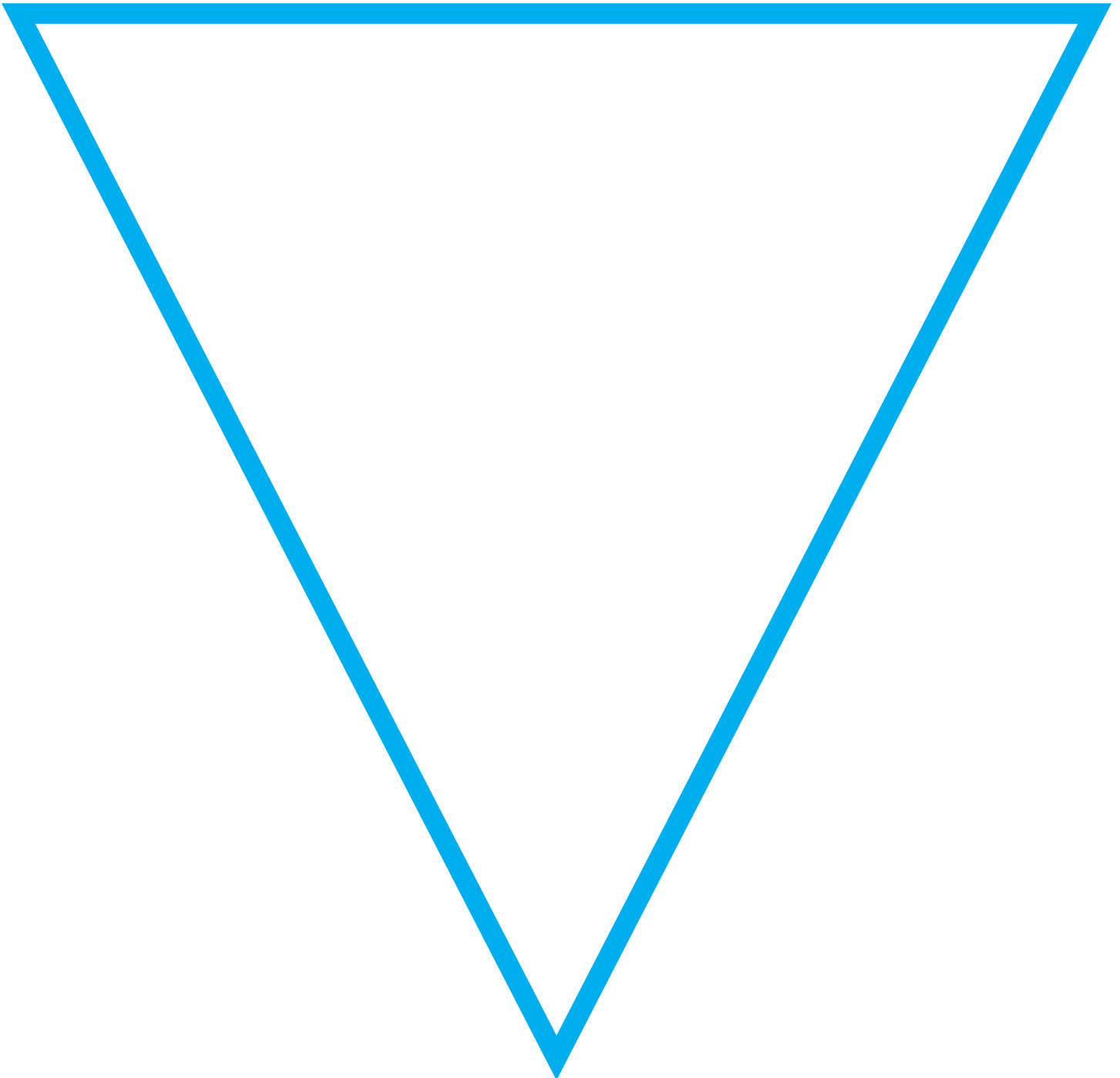
Activity

Name _____ Date _____



Instructions: Everyone needs an extra boost of confidence, especially before a test. So go online and look up a motivational saying to help you and your classmates feel good about taking a test (Tip #10).

Use the banner below to write the motivational saying and color it. Then cut it out and hang it up.





Instructions: Make copies of test questions and cut the questions apart. Use several different buckets placed around the classroom with a question in front of the bucket. Students should write their name on the question, answer the question, and put it in the bucket for a chance to win a prize.

The Bucket Game

Things I need to review:



Instructions: Create a poster like the one below. Place both positive and negative point values on folded sticky notes so students can not see what number they choose. Each team that answers a question correctly will be able to select a sticky note.



Rules:

Work with your team to come up with the correct answer.

If your team's answer is correct, choose a sticky note from the Stinky Foot poster.

Keep track of your points on the score sheet below and tally them on the board.

Points Earned	Running Total



Instructions: With a study partner, create study flashcards consisting of the test of questions you have difficulty remembering the answer to. On one side, write the question and the four potential solutions. Next, write the correct answer on the other side. Then, use the flashcards to test each other! A sample is done for you with a template (Tip #5).

In the book "Tuck Everlasting," Winnie Foster's personality is described as?

A. Mean, ugly, and hard to get along with.

B. Short, slim, and short cropped red hair.

C. Innocent, curious, and very kind.

D. Self centered, snarky, and uncaring.

C. Innocent, curious, and very kind. **CORRECT ANSWER**



Instructions: With a study partner, create study flashcards consisting of the test of questions you have difficulty remembering the answer to. On one side, write the question and the four potential solutions. Next, write the correct answer on the other side. Then, use the flashcards to test each other! A sample is done for you with a template (Tip #5). *Extra Templates!*



Homework

Name _____ Date _____



Instructions: The big test is coming up! One way to make the test stress free is to start planning to study early. First, create your study plan using the template (Tips 1 – 10).

Subject:	Date of the Test: & Time
What do I need to study for the test?	
How long each night or day will I study?	
What are the questions I have the most trouble with?	
Who can help me study for this test?	
It's the night before the test! What time should I get up to leave so I can get to the test site a few minutes early?	
Do I have everything I need for the test (pencil, pen, calculator)?	
Did I sip water and eat a piece of peppermint?	
What's my positive self-talk motivation statement?	
What's my strategy? (answer written first and then multiple choice)	
How long do I have for the test	
How many questions are on the test?	
Relax, you got this!	



Instructions: The big test is coming up! One way to make the test stress free is to start planning to study early. First, create your study plan using the template (Tips 1 – 10). [Sample answers](#)

Subject: Math	Date of the Test: & Time Tuesday, 9:00
What do I need to study for the test?	Perimeter, Area, and Volume
How long each night or day will I study?	Perimeter & Area 10 minutes. Volume 20 minutes
What are the questions I have the most trouble with?	Volume
Who can help me study for this test?	Math tutor
It's the night before the test! What time should I get up to leave so I can get to the test site a few minutes early?	7:30!
Do I have everything I need for the test (pencil, pen, calculator)?	✓ pencils, ✓ calculator, ✓ scratch paper, ✓ mints, ✓ water
Did I sip water and eat a piece of peppermint?	Yes, a few minutes before.
What's my positive self-talk motivation statement?	"Trust yourself. You know more than you think you do."
What's my strategy? (answer written first and then multiple choice)	Do the Volume questions first. Save the easy ones for last.
How long do I have for the test	60 minutes
How many questions are on the test?	15 / answer a question every four minutes.
Relax, you got this!	Yes, I do 😊!!!!!!!!!!