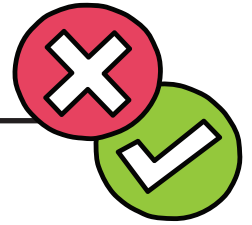


Making Test Time Easier



Let's create a plan to help study for tests! Answer these questions below to help you prepare.

When	Questions to Think About	My Answers
Before the test	• Where will you study? • When will you study? What time? For how long? • If it is a lot of content, what are small daily goals? For example, studying 5 pages a day. • What materials will you need? • How will you study (notes, homework, practice test)? • Who can you ask if you need help?	
During the test	• What can you use to help answer questions during the test? ☐ Reading the instructions carefully ☐ Reading the full questions and answers before responding ☐ If stuck on a question, skipping and coming back later	Other:

Test taking can bring out all sorts of emotions! Let's think about how to help with those. You can do these things before, during and after the test, too!

Here are things I can do to help calm down: _____

Here are things I can say to encourage myself: _____

It's test day!

Based on what you've practiced, what do you plan to do to help you do your best during the test?