

# STUDYING & TEST TAKING SKILLS: Test Like The Best!

Grade 5-8 Health Day Symposium

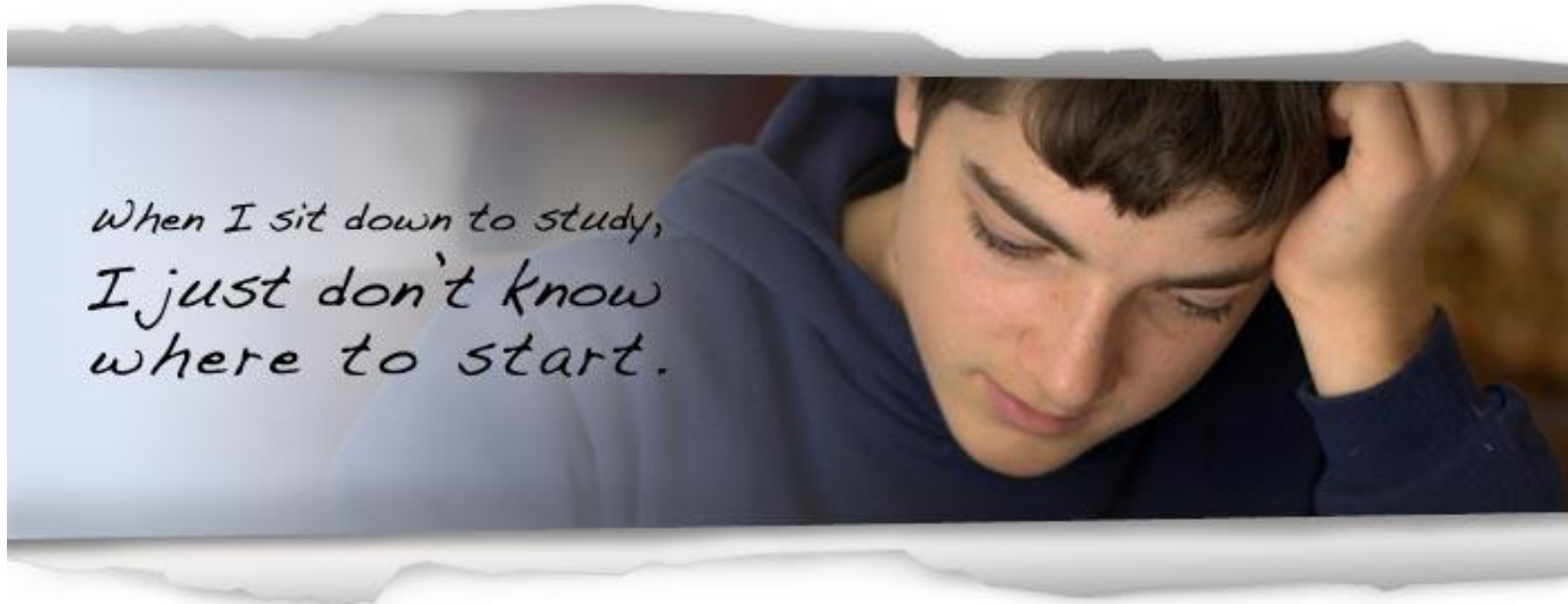
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\*Brought to you by 'Kids Help Phone'!



# “HOW DO I STUDY?”



# WANT TO 'TEST LIKE THE BEST'?

- ▶ One of the best ways to do well on tests is to learn HOW to study properly and what to do on test day.
- ▶ Everyone can learn how to study.
- ▶ Here are some tips...



# HOW TO STUDY: START EARLY



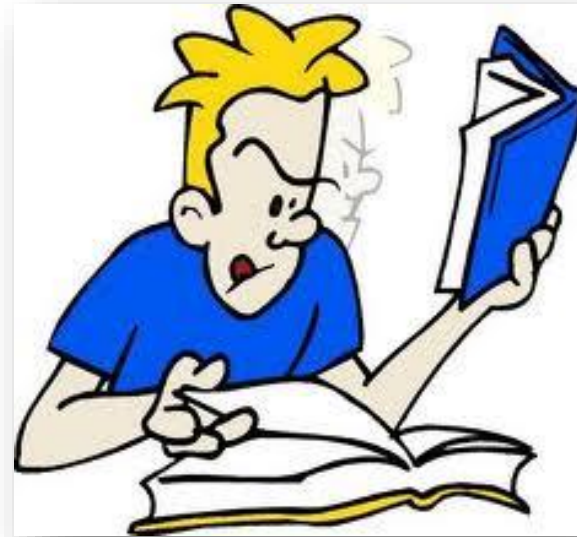
- ▶ Give yourself at least a few days to study.
- ▶ Trying to study everything you need to know the night before will only make you more nervous.

\* People who get a good night's sleep before a test tend to do better.



# HOW TO STUDY: MAKE A STUDY LIST

- ▶ Make a list of the things you really need to know for the test.
- ▶ If you're not sure what's most important, ask your teacher for help.

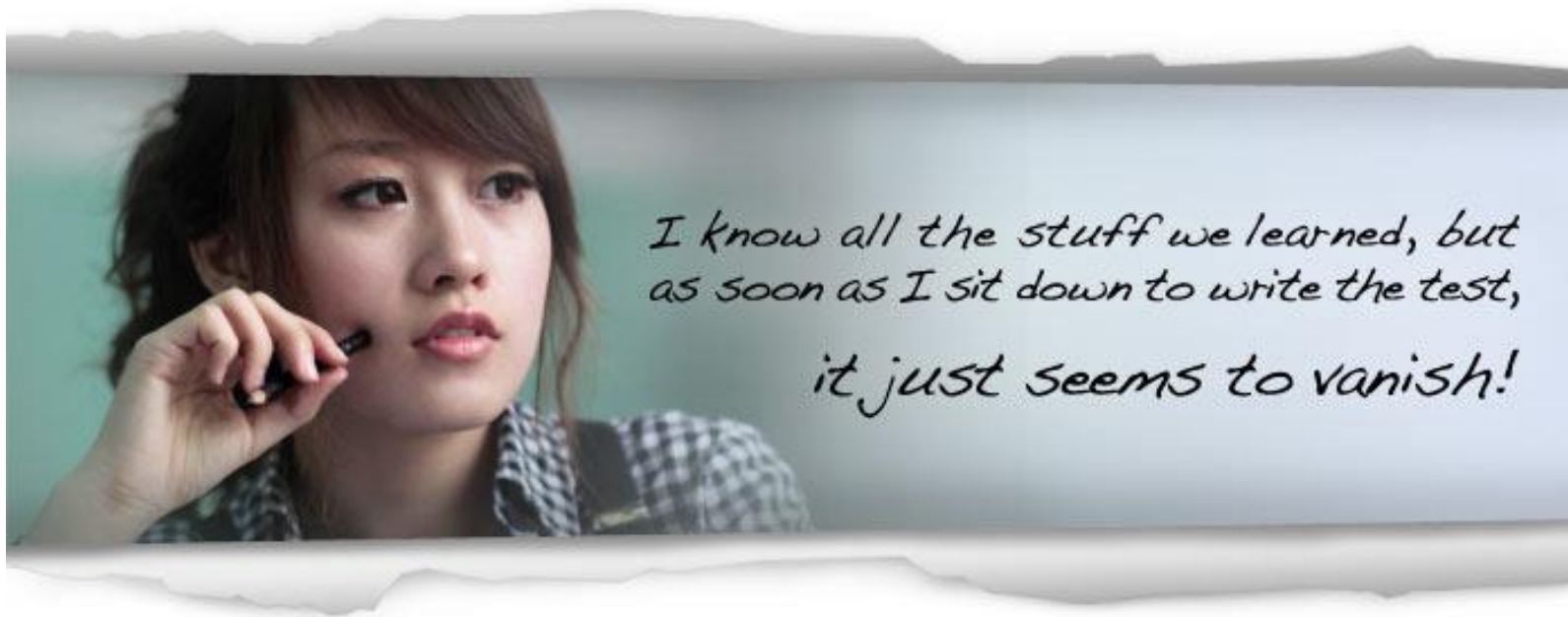


# HOW TO STUDY: ASK FOR HELP

- ▶ **Ask your teacher** to explain anything that you don't understand.
- ▶ You can also ask a friend or parent for help.



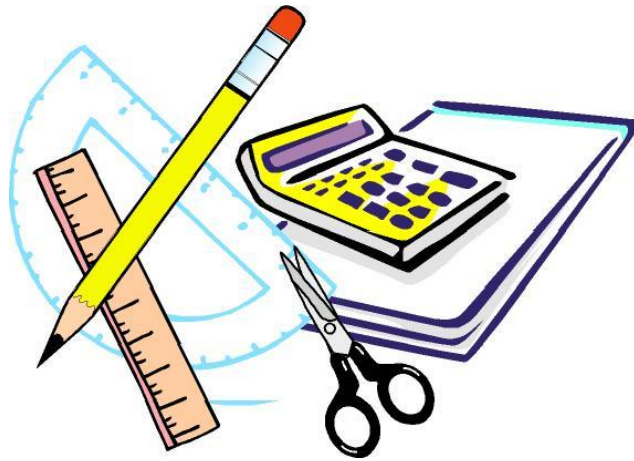
# “I HATE WRITING TESTS!”



# TIPS FOR TEST DAY: BE PREPARED

▶ Bring anything that you need for the test:

- ▶ Pencils
- ▶ Pens
- ▶ Erasers



▶ Ask your teacher if you need any other tools, such as a calculator.



# TIPS FOR TEST DAY: TAKE A DEEP BREATH!

- ▶ Do your best to stay relaxed and calm.



- ▶ You've studied hard, and you're just here to do your best.

**\* Stay positive!**  
**You can do well**  
**on the test.**



# TIPS FOR TEST DAY: DON'T FORGET WHO YOU ARE!!!

- ▶ Put your first and your last name on the test...
- ▶ You might be surprised how many students forget this part!



# TIPS FOR TEST DAY: MOVE ON!

- ▶ Don't waste valuable test time trying to remember the answer.
- ▶ If you don't know it right away, circle it so you know to come back to it later, and move onto the next question.
- ▶ This way you are sure to answer what you do know and get the most points for those questions.



# TIPS FOR TEST DAY: MANAGE YOUR TIME



- ▶ Spend more time on questions that are worth more marks.
  - ▶ A question worth *five marks* is worth spending more time on than a question worth one mark.
- ▶ When you finish the test, read it over before you hand it in.
- ▶ If you have extra time, *review your answers* to see if there's anything you missed or would like to add.



# AND REMEMBER...

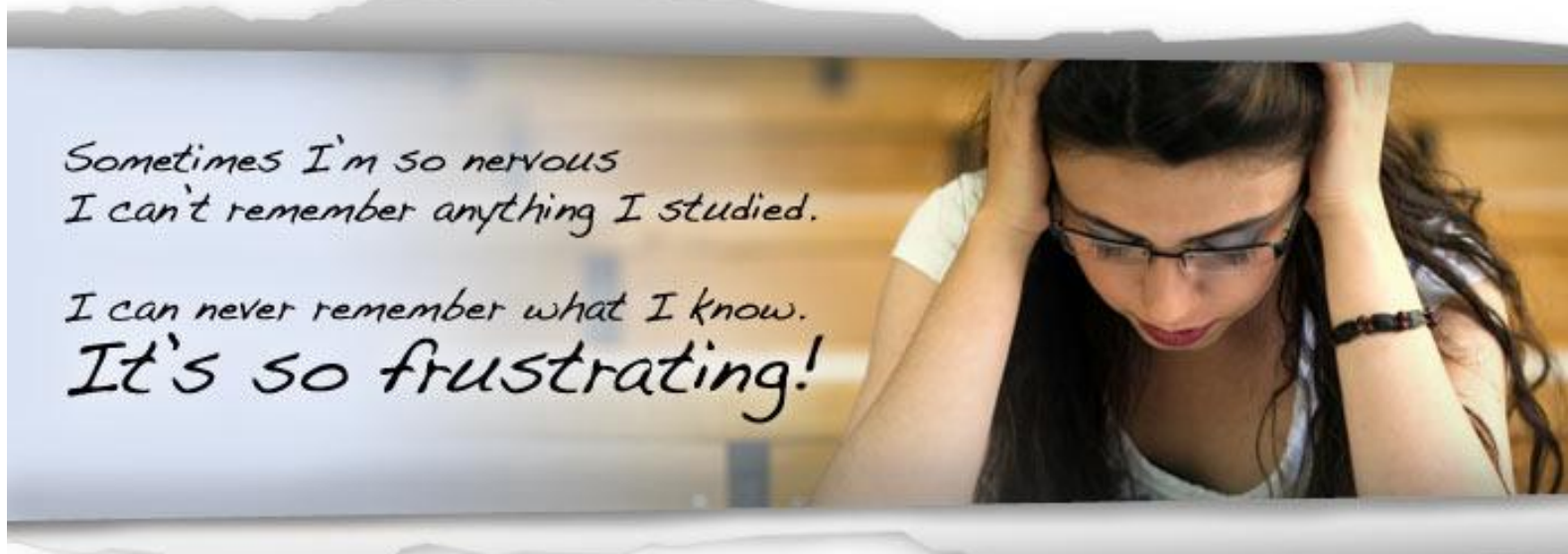


- ▶ Try to remember that it won't be the end of the world if you don't get a perfect mark on the test.
- ▶ Treat yourself to some fun and remind yourself that you **did your best**.



- ▶ BUT, If tests worry or scare you, you may have test stress...

# “I’M GOING TO FAIL!”



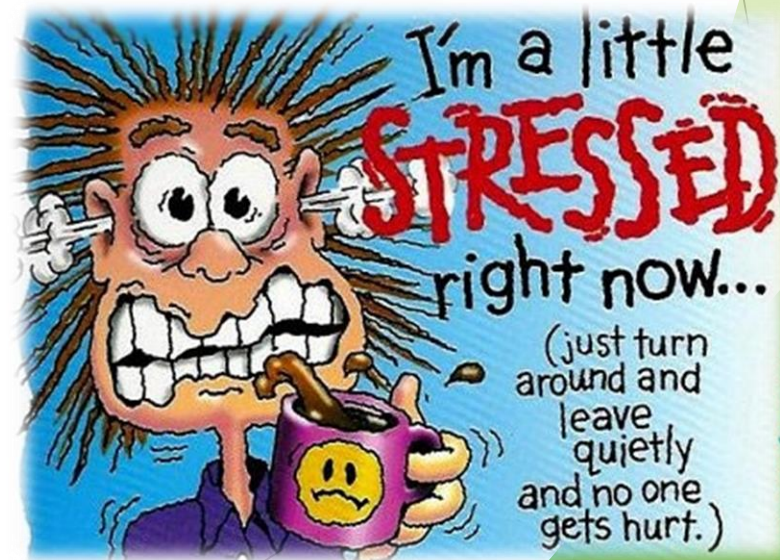
# TEST STRESS

- ▶ Does the word “test” make you feel sick?



- ▶ Test stress is something that a lot of kids experience.

- ▶ Luckily, there are many things you can do to feel better on test day.



# TEST STRESS: HOW IT FEELS

▶ If you're feeling worried or scared about tests, you might feel:

- ▶ Your heart pounding
- ▶ You have trouble breathing
- ▶ You're sweating
- ▶ Like you're going to throw up
- ▶ Dizzy
- ▶ Like your mind goes "blank"



▶ When the test is over, you might worry that you failed it and feel afraid to find out your mark.



▶ Are you TEST STRESSED??? Let's find out...



# TEST STRESS TIPS

- ▶ **Be prepared.**
  - ▶ *What are you doing to study for your test? Follow those Test Taking Tips!*
- ▶ **Take some deep breaths to relax you. Try to breathe slowly, in and out.**
  - ▶ *You can do this anytime-when you're studying, before a test or even during a test.*
- ▶ **Try to remember that tests are only one part of how you will be graded.**
  - ▶ *Teachers also use essays, presentations, artwork and group projects to grade students.*
- ▶ **If you put pressure on yourself to be perfect all the time, it's important to know that this just isn't possible.**
  - ▶ *Remember that everyone makes mistakes, and that's a part of learning.*



# BUT...

► If test stress is making you lose sleep, your appetite, or giving you nightmares, try **talking to a parent, your teacher, or another adult you trust.**

► Don't forget...you can always **call us at Kids Help Phone, too.**

