

“Test-Taking and Study Skills”

TEST-TAKING and STUDY SKILLS

Denise Daniele M.A., NCC
Counselor - Kulp Elementary

Confidence is a key component to learning and test taking. Test taking can be a stressful experience for many children, especially when they don't feel confident about the material they are being tested on.

Tests are important because they help teachers evaluate a student's needs and progress. They provide students with feedback on their level of mastery, and assist parents with monitoring their child's performance in school. Discourage a child who wants to stay up late to cram for a test and encourage them to get a good night's sleep instead. Children need to practice preparing for tests in the weeks and days before and not at the last minute.

Below are some important learning tools children are encouraged to use regularly. The development and use of good practices will help foster strong student survival skills for lifelong learning. Together, these key steps can help increase a child's confidence when studying or test-taking in the future.

Test-Taking Tips

- * Be prepared.
- * Get a good night's sleep - don't cram.
- * Try to relax and take a deep breath.
- * Read all directions carefully.
- * Read all questions carefully.
- * Skip over questions you don't know.
- * Eliminate answers you know are wrong.
- * Paraphrase the questions (put them in your own words)
- * Think carefully.
- * Check your work.

Study Skills

- * Pay attention in class.
- * Take good notes in class - read and review study sheets.
- * Keep an organized notebook for each subject.
- * Know the purpose of each assignment.
- * Ask questions **IN** class.
- * Have a specific time and place to study each day.
- * Study a little bit each day.

And most important.....Always try to do your best!