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Ashley

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I WANT FREEBIES

LET'S TALK ABOUT TEST TAKING SKILLS

Game Objective:

*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

Materials:

*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Test-Taking Skills" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

Game Instructions:

- *Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.
- *Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.
- *On your turn, you try to get rid of your cards by playing one card onto the discard pile.
 - ****If you have a matching card in your hand***, you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.
 - ****If you do NOT have a matching card***, draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.
- *The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.
- *When a player plays their final card, they WIN!
- *Action cards:
 - *Draw Two card: When played, the next player must draw two cards and lose their turn.
 - *Skip card: When played, the next player loses their turn.
 - *Reverse card: When played, the direction of play is reversed.
 - *Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.
 - *Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

ASCA Standards Alignment:

- *Mindset: Positive attitude toward work and learning (M 3)
 - *Behavior: Learning Strategies: Critical thinking skills to make informed decisions. (B-LS 1)
 - *Behavior: Learning Strategies: Time-management, organizational and study skills. (B-LS 3)
 - *Behavior: Learning Strategies: Effective coping skills. (B-SMS 7)
- ## SEL Competencies:
- *Self-Management- Stress Management, Self-Discipline.
 - *Responsible-Decision Making- Solving Problems.

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HOW DO YOU
FEEL WHEN YOU
HEAR ABOUT
AN UPCOMING
TEST?

... TEST-TAKING ...

2



WHAT ARE
SOME WAYS
YOU CAN
PREPARE FOR A
TEST?

... TEST-TAKING ...

3



HOW DO
YOU STUDY
FOR A TEST AT
HOME?

... TEST-TAKING ...

4



WHAT IS YOUR
FAVORITE WAY TO
REVIEW
INFORMATION FOR
A TEST?

... TEST-TAKING ...

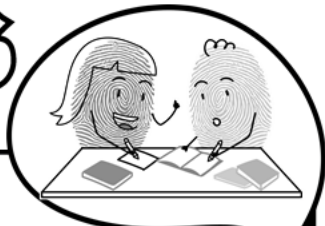
5



HOW CAN
MAKING A STUDY
SCHEDULE HELP
YOU FEEL MORE
READY FOR A TEST?

... TEST-TAKING ...

6



DO YOU
THINK IT HELPS
TO STUDY WITH
A FRIEND? WHY
OR WHY NOT?

... TEST-TAKING ...

7



HOW DO YOU
KEEP TRACK OF
WHAT WILL BE ON
THE TEST?

... TEST-TAKING ...

8



HOW DO YOU
STAY ORGANIZED
WITH YOUR
SCHOOLWORK
BEFORE A TEST?

... TEST-TAKING ...

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WHAT DO YOU
DO IF YOU DON'T
UNDERSTAND
SOMETHING WHILE
STUDYING?

... TEST-TAKING ...

10



HOW DOES
DOING YOUR
HOMEWORK
REGULARLY HELP
YOU WHEN IT'S
TIME FOR A TEST?

... TEST-TAKING ...

Draw Two



WHAT DO YOU
DO THE NIGHT
BEFORE A BIG
TEST?

... TEST-TAKING ...

Reverse



WHY IS IT
IMPORTANT TO GET
ENOUGH SLEEP
BEFORE A TEST?

... TEST-TAKING ...

Skip



HOW DOES
EATING A HEALTHY
BREAKFAST HELP
YOU ON TEST
DAY?

... TEST-TAKING ...

Skip



WHAT SHOULD
YOU BRING WITH
YOU TO THE
TEST?

... TEST-TAKING ...

Draw Two



HOW CAN BEING
ON TIME FOR THE
TEST HELP YOU
STAY CALM?

... TEST-TAKING ...

Reverse



WHAT DO YOU
DO TO STAY CALM
ON THE MORNING
OF A TEST?

... TEST-TAKING ...

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**HOW CAN
BREATHING
EXERCISES HELP
YOU IF YOU FEEL
NERVOUS BEFORE
A TEST?**

... **TEST-TAKING** ...

2



**WHAT IS
SOMETHING
POSITIVE YOU CAN
TELL YOURSELF
BEFORE A TEST
STARTS?**

... **TEST-TAKING** ...

3



**HOW DO YOU
MANAGE ANY
LAST-MINUTE
WORRIES BEFORE
THE TEST?**

... **TEST-TAKING** ...

4



**HOW DOES
BEING PREPARED
WITH SUPPLIES
HELP YOU FOCUS
DURING A TEST?**

... **TEST-TAKING** ...

5



**WHAT DO YOU DO
IF YOU DON'T
KNOW THE ANSWER
TO A QUESTION ON
A TEST?**

... **TEST-TAKING** ...

6



**HOW CAN
READING THE
DIRECTIONS
CAREFULLY HELP
YOU DO WELL ON A
TEST?**

... **TEST-TAKING** ...

7



**WHAT DO YOU DO
IF YOU FEEL
NERVOUS DURING
A TEST?**

... **TEST-TAKING** ...

8



**WHAT SHOULD YOU
DO WHEN YOU
FIRST GET YOUR
TEST PAPER?**

... **TEST-TAKING** ...

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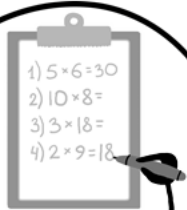
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**WHY IS IT
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ANSWER THE
QUESTIONS YOU
KNOW FIRST?**

... **TEST-TAKING** ...

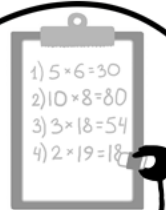
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**HOW CAN
PACING
YOURSELF HELP
YOU DURING A
TEST?**

... **TEST-TAKING** ...

9



**WHAT SHOULD
YOU DO IF YOU
HAVE EXTRA TIME
AT THE END OF THE
TEST?**

... **TEST-TAKING** ...

10



**HOW DO YOU
MANAGE YOUR TIME
WHEN THERE ARE A
LOT OF QUESTIONS
ON THE TEST?**

... **TEST-TAKING** ...

9



**WHY IS IT
HELPFUL TO
UNDERLINE OR
HIGHLIGHT KEY
WORDS IN
QUESTIONS?**

... **TEST-TAKING** ...

10



**HOW CAN USING
SCRAP PAPER
HELP YOU
DURING A TEST?**

... **TEST-TAKING** ...

9



**WHAT IS THE
BENEFIT OF RE-
READING YOUR
ANSWERS BEFORE
TURNING IN THE
TEST?**

... **TEST-TAKING** ...

10



**WHAT STRATEGIES
CAN YOU USE
WHEN ANSWERING
MULTIPLE-CHOICE
QUESTIONS?**

... **TEST-TAKING** ...

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**WHY SHOULD
YOU READ ALL THE
ANSWER CHOICES
BEFORE PICKING
ONE?**

... **TEST-TAKING** ...

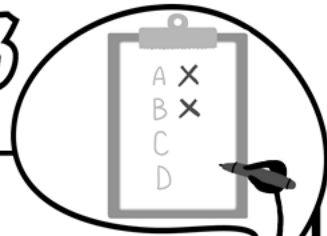
2



**WHAT CAN
YOU DO IF TWO
ANSWER
CHOICES SEEM
CORRECT?**

... **TEST-TAKING** ...

3



**HOW DO YOU
ELIMINATE WRONG
ANSWERS TO HELP
YOU FIND THE
CORRECT ONE?**

... **TEST-TAKING** ...

4



**WHY IS IT
IMPORTANT NOT
TO GUESS ON
EVERY
QUESTION?**

... **TEST-TAKING** ...

5



**WHAT SHOULD
YOU DO IF YOU
ARE STUCK ON A
MULTIPLE-CHOICE
QUESTION?**

... **TEST-TAKING** ...

6



**HOW DO YOU
AVOID
OVERTHINKING
MULTIPLE-CHOICE
QUESTIONS?**

... **TEST-TAKING** ...

7



**HOW CAN
PROCESS OF
ELIMINATION HELP
YOU WITH TRICKY
QUESTIONS?**

... **TEST-TAKING** ...

8



**WHY IS IT
IMPORTANT TO
CHECK FOR CLUES IN
THE QUESTION FOR
MULTIPLE-CHOICE
ANSWERS?**

... **TEST-TAKING** ...

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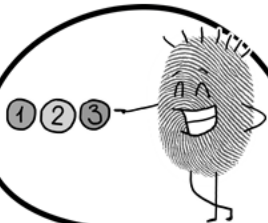
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**HOW CAN YOU
STAY FOCUSED
WHEN THERE ARE
LOTS OF MULTIPLE-
CHOICE
QUESTIONS?**

... **TEST-TAKING** ...

2



**WHAT SHOULD
YOU LOOK FOR IN A
TRUE/FALSE
QUESTION TO HELP
YOU DECIDE THE
ANSWER?**

... **TEST-TAKING** ...

3



**WHY ARE
ABSOLUTE WORDS
LIKE "ALWAYS" OR
"NEVER" IMPORTANT
IN TRUE/FALSE
QUESTIONS?**

... **TEST-TAKING** ...

4



**HOW DO YOU
HANDLE
TRUE/FALSE
QUESTIONS WHEN
YOU'RE UNSURE OF
THE ANSWER?**

... **TEST-TAKING** ...

5



**WHY SHOULD
YOU BE CAREFUL
WITH QUESTIONS
THAT SOUND TOO
SIMPLE IN
TRUE/FALSE?**

... **TEST-TAKING** ...

6



**WHAT IS THE
BEST WAY TO
APPROACH LONGER
TRUE/FALSE
QUESTIONS?**

... **TEST-TAKING** ...

7



**HOW CAN
CONTEXT CLUES
HELP YOU IN FILL-
IN-THE-BLANK
QUESTIONS?**

... **TEST-TAKING** ...

8



**WHAT STRATEGIES
HELP YOU FILL IN
MISSING WORDS
IN A SENTENCE?**

... **TEST-TAKING** ...

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WHY IS IT
IMPORTANT TO
READ THE ENTIRE
SENTENCE BEFORE
FILLING IN THE
BLANK?

... TEST-TAKING ...

10



HOW DO YOU
HANDLE A BLANK
WHEN YOU'RE
UNSURE OF THE
ANSWER?

... TEST-TAKING ...

Draw Two



WHY IS IT
IMPORTANT TO MAKE
SURE THE SENTENCE
MAKES SENSE ONCE
FILLED IN?

... TEST-TAKING ...

Reverse



HOW CAN
PLANNING YOUR
ANSWER BEFORE
WRITING HELP WITH
SHORT ANSWER
QUESTIONS?

... TEST-TAKING ...

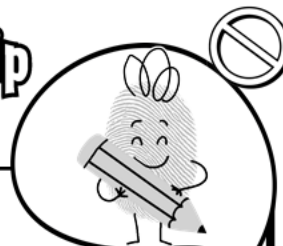
Skip



WHAT SHOULD
YOU DO IF YOU
DON'T KNOW THE
ANSWER TO A
SHORT-ANSWER
QUESTION?

... TEST-TAKING ...

Skip



WHY IS IT
IMPORTANT TO
STAY ON TOPIC IN
SHORT-ANSWER
RESPONSES?

... TEST-TAKING ...

Draw Two



HOW CAN USING
SPECIFIC DETAILS HELP
IMPROVE YOUR
SHORT-ANSWER
RESPONSES?

... TEST-TAKING ...

Reverse



WHY IS IT
IMPORTANT TO
PROOFREAD YOUR
SHORT-ANSWER
RESPONSES?

... TEST-TAKING ...

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**WHAT IS THE FIRST
THING YOU
SHOULD DO WHEN
YOU GET AN
ESSAY QUESTION?**

... **TEST-TAKING** ...

2



**HOW DOES
MAKING AN
OUTLINE HELP YOU
ORGANIZE YOUR
ESSAY RESPONSE?**

... **TEST-TAKING** ...

3



**WHY IS IT
IMPORTANT TO
RESTATE THE
QUESTION IN
YOUR ANSWER?**

... **TEST-TAKING** ...

4



**HOW CAN YOU
MAKE SURE YOU
INCLUDE ALL THE
IMPORTANT
INFORMATION IN
YOUR ESSAY?**

... **TEST-TAKING** ...

5



**WHAT STRATEGIES
HELP YOU WRITE A
STRONG
CONCLUSION FOR AN
ESSAY QUESTION?**

... **TEST-TAKING** ...

6



**WHY IS IT
HELPFUL TO REVIEW
YOUR ESSAY FOR
SPELLING AND
GRAMMAR
MISTAKES?**

... **TEST-TAKING** ...

7



**HOW CAN YOU
MANAGE YOUR
TIME WHEN
WRITING AN ESSAY
DURING A TEST?**

... **TEST-TAKING** ...

8



**WHAT SHOULD
YOU DO IF YOU
RUN OUT OF IDEAS
WHILE WRITING
YOUR ESSAY?**

... **TEST-TAKING** ...

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**HOW CAN
YOU KEEP CALM
WHEN WRITING
A LONG ESSAY
RESPONSE?**

... **TEST-TAKING** ...

2



**WHY IS IT
IMPORTANT TO
MAKE YOUR ESSAY
CLEAR AND EASY
TO READ?**

... **TEST-TAKING** ...

3



**HOW CAN DEEP
BREATHING HELP
YOU CALM DOWN
BEFORE OR DURING
A TEST?**

... **TEST-TAKING** ...

4



**WHAT DO YOU
DO IF YOU FEEL
NERVOUS
DURING A TEST?**

... **TEST-TAKING** ...

5



**WHY IS IT
IMPORTANT TO
STAY POSITIVE
WHEN TAKING A
TEST?**

... **TEST-TAKING** ...

6



**WHAT ARE
SOME WAYS YOU
CAN CALM YOUR
MIND DURING A
TEST?**

... **TEST-TAKING** ...

7



**HOW DO YOU
HANDLE FEELINGS
OF PRESSURE OR
STRESS BEFORE A
TEST?**

... **TEST-TAKING** ...

8



**HOW DO YOU
HANDLE FEELINGS
OF PRESSURE OR
STRESS DURING A
TEST?**

... **TEST-TAKING** ...

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HOW CAN ASKING FOR HELP REDUCE TEST ANXIETY?

... **TEST-TAKING** ...

10



WHAT SHOULD YOU DO IF YOU START TO PANIC DURING A TEST?

... **TEST-TAKING** ...

Draw Two



HOW DOES BEING PREPARED HELP REDUCE TEST ANXIETY?

... **TEST-TAKING** ...

Reverse



WHY IS IT IMPORTANT TO TAKE BREAKS WHEN STUDYING FOR A TEST?

... **TEST-TAKING** ...

Skip



WHAT CAN YOU DO IF YOU COME ACROSS A VERY DIFFICULT QUESTION?

... **TEST-TAKING** ...

Skip



HOW DO YOU KEEP CALM WHEN YOU'RE STRUGGLING WITH A TOUGH PROBLEM?

... **TEST-TAKING** ...

Draw Two



WHAT STRATEGIES CAN HELP YOU FIGURE OUT A TRICKY QUESTION?

... **TEST-TAKING** ...

Reverse



WHY IS IT IMPORTANT NOT TO SPEND TOO MUCH TIME ON ONE QUESTION?

... **TEST-TAKING** ...

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**WHAT CAN
YOU LEARN FROM
THE MISTAKES
YOU MADE ON A
TEST?**

... **TEST-TAKING** ...

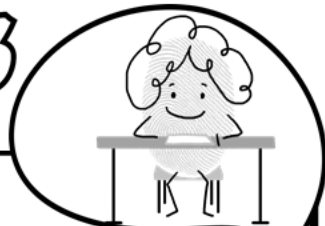
2



**WHY IS IT
IMPORTANT TO
REVIEW YOUR
TEST AFTER IT'S
GRADED?**

... **TEST-TAKING** ...

3



**HOW CAN
REVIEWING THE
TEST HELP YOU
PREPARE FOR THE
NEXT ONE?**

... **TEST-TAKING** ...

4



**WHAT QUESTIONS
CAN YOU ASK YOUR
TEACHER IF YOU
DIDN'T UNDERSTAND
SOMETHING ON THE
TEST?**

... **TEST-TAKING** ...

5



**HOW CAN YOU
IMPROVE YOUR
STUDY HABITS
AFTER REVIEWING
YOUR TEST?**

... **TEST-TAKING** ...

6



**HOW DO YOU
AVOID
DISTRACTIONS
DURING A TEST?**

... **TEST-TAKING** ...

7



**WHY IS IT
IMPORTANT TO
STAY FOCUSED
EVEN IF OTHERS
FINISH EARLY?**

... **TEST-TAKING** ...

8



**HOW DO YOU
STAY FOCUSED
WHEN YOU'RE
TIRED DURING A
TEST?**

... **TEST-TAKING** ...

**LET'S TALK
ABOUT
TEST-TAKING
SKILLS**



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1



**WHAT CAN YOU
DO IF YOU FEEL
YOUR MIND
WANDERING
DURING A TEST?**

... **TEST-TAKING** ...

2



**WHY IS IT
IMPORTANT NOT
TO RUSH
THROUGH THE
TEST?**

... **TEST-TAKING** ...

3



**HOW DO YOU
HANDLE TIMED
TESTS?**

... **TEST-TAKING** ...

4



**HOW CAN YOU
ADAPT YOUR
STRATEGY FOR
OPEN-BOOK
TESTS?**

... **TEST-TAKING** ...

5



**WHY IS IT
IMPORTANT TO
ORGANIZE YOUR
MATERIALS FOR
TAKE-HOME
TESTS?**

... **TEST-TAKING** ...

6



**WHAT DO YOU
DO DIFFERENTLY
FOR ORAL
TESTS?**

... **TEST-TAKING** ...

7



**HOW DO YOU
MANAGE YOUR
TIME FOR TESTS
WITH DIFFERENT
SECTIONS?**

... **TEST-TAKING** ...

8



**HOW DO YOU
CELEBRATE YOUR
HARD WORK
AFTER A TEST?**

... **TEST-TAKING** ...

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9



WHAT DO YOU
DO IF YOU DIDN'T
DO AS WELL AS
YOU HOPED ON
THE TEST?

... TEST-TAKING ...

10



HOW CAN YOU
IMPROVE FOR
THE NEXT TEST
BASED ON YOUR
PERFORMANCE?

... TEST-TAKING ...

Draw Two



WHY IS IT
IMPORTANT TO
STAY POSITIVE
AFTER A DIFFICULT
TEST?

... TEST-TAKING ...

Reverse



HOW CAN YOU
RELAX AND TAKE
CARE OF
YOURSELF AFTER
A TEST?

... TEST-TAKING ...

Skip



WHAT ARE
GOOD STUDY
HABITS THAT HELP
YOU DO WELL ON
TESTS?

... TEST-TAKING ...

Skip



WHY IS IT
IMPORTANT TO
SHOW SELF-
COMPASSION AFTER
A DIFFICULT TEST?

... TEST-TAKING ...

Draw Two



HOW CAN ASKING
QUESTIONS IN CLASS
HELP YOU PREPARE
FOR A TEST?

... TEST-TAKING ...

Reverse



WHAT ARE SOME
HABITS YOU CAN
BUILD TO BECOME
A BETTER TEST-
TAKER?

... TEST-TAKING ...

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Wild



**HOW CAN YOU
HANDLE
FEELINGS OF
DISAPPOINTMENT
AFTER A TEST?**

... **TEST-TAKING** ...

Wild



**WHY IS POSITIVE
THINKING
HELPFUL DURING
A TEST?**

... **TEST-TAKING** ...

Draw Four



**WHAT ARE
FOUR THINGS YOU
CAN TELL
YOURSELF DURING
A TEST.**

... **TEST-TAKING** ...

Draw Four



**WHAT ARE
FOUR GOOD TEST
TAKING HABITS?**

... **TEST-TAKING** ...

Wild



**WHAT ARE
SOME WAYS TO
PREVENT TEST
ANXIETY?**

... **TEST-TAKING** ...

Wild



**HOW CAN YOU
CONTROL FEELINGS
OF FRUSTRATION
DURING A TEST?**

... **TEST-TAKING** ...

Draw Four



**DESCRIBE FOUR
STRATEGIES TO
USE TO CALM
DOWN DURING A
TEST.**

... **TEST-TAKING** ...

Draw Four

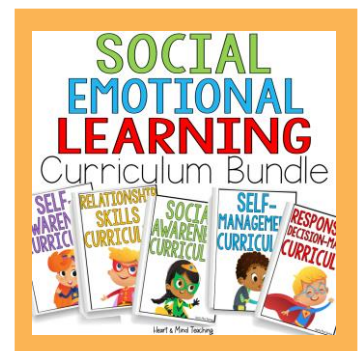
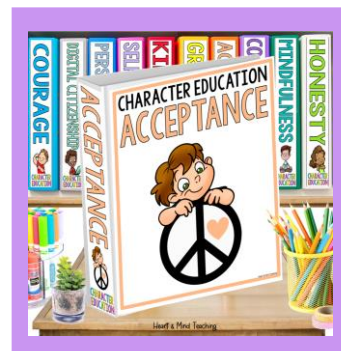
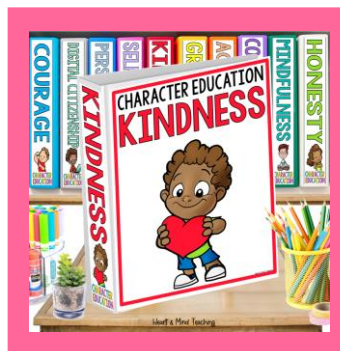
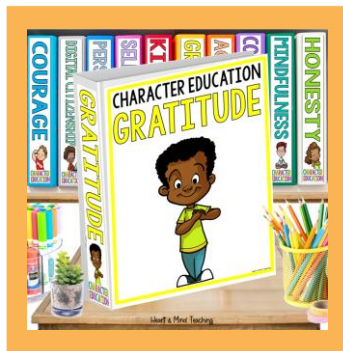
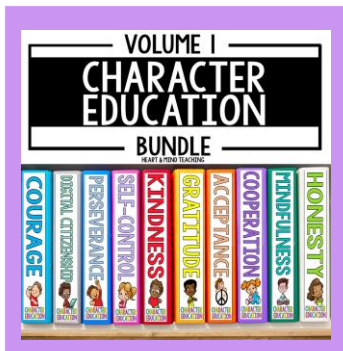
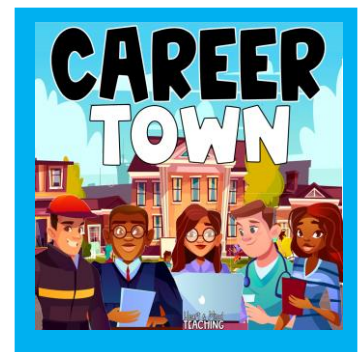


**WHAT ARE
FOUR BAD TEST
TAKING HABITS?**

... **TEST-TAKING** ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.

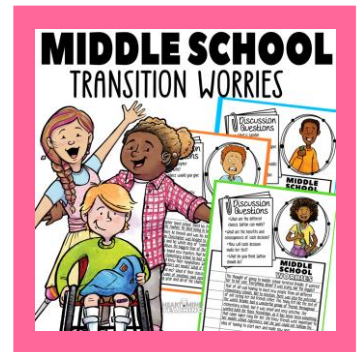


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THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Ashley

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If you have any questions or concerns please email me at:

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