

○ MUSIC  city COUNSELOR

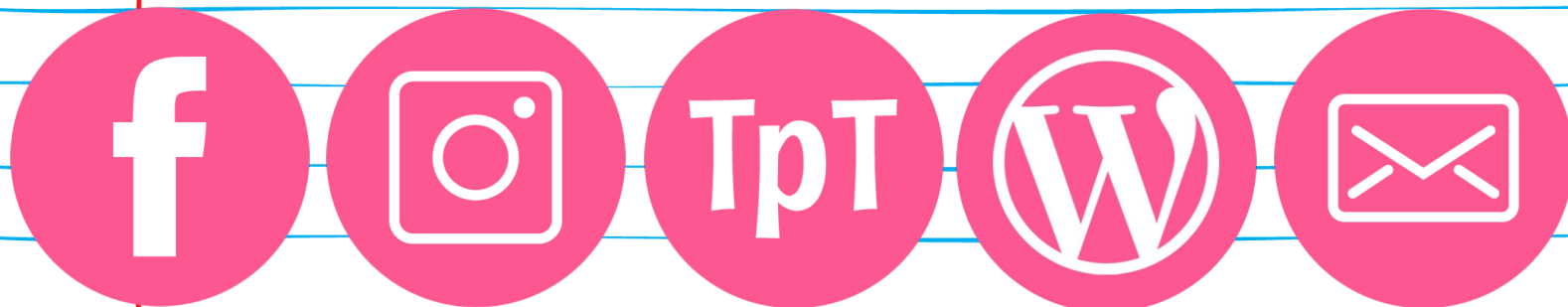
THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

- M 3: Positive attitude toward work and learning
- M 4: Self-confidence in ability to succeed
- M 5: Belief in using abilities to their fullest to achieve high-quality results and outcomes

Behavior Standards:

- B-LS 3: Time-management, organizational and study skills
- B-SMS 6: Ability to identify and overcome barriers
- B-SMS 7: Effective coping skills

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ **presentation** with students.
- Review (and display) the **test-taking skills posters** with students.
- Use the **discussion cards** with students.
- Choose a **worksheet or coloring page** to close the lesson.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students all about **test-taking skills**. Students listen to a **story** about Mr. Williams' class of students who are very nervous about the BIG TEST tomorrow. So, Mr. Williams teaches them his 16 best test-taking tips. 3 mindfulness strategies are included to help students calm test anxiety. I recommend modeling and practicing these with students so they feel ready to use them on/before test day. The presentation closes with **3 discussion questions** about the story and test-taking tips. This is a great time to ask students to "**turn and talk**" with a partner, then share out their ideas with the class.

DIRECTIONS PAGE 2:

Posters:

17 instructional posters are included. These are great for practicing test-taking skills with students, and for displaying in your space!

Discussion Cards:

18 discussion cards are included. They test students knowledge about test-taking skills and ask them to describe their own experiences, feelings, strategies, and goals when it comes to taking tests. Please cut them out. I recommend dividing students into small groups and giving each group 1-3 cards. Ask students to talk with their group about the question on their card. Then, students can share their ideas with the class.

Worksheets & Coloring Pages

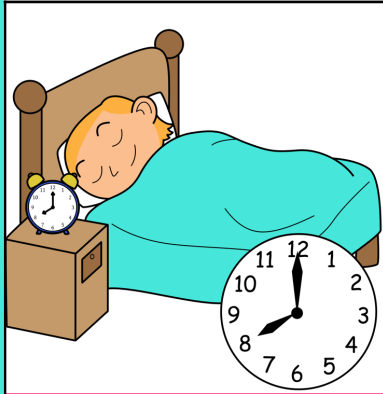
Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

Questions, comments, or suggestions? I'm here to help! Please contact me any time at laura@musiccitycounselor.com.

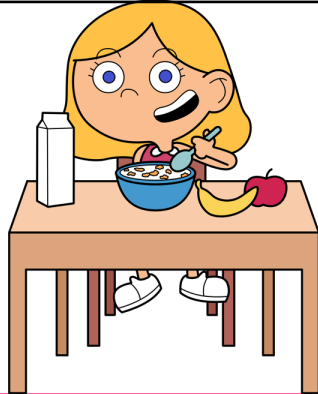
PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! ☺

POSTERS

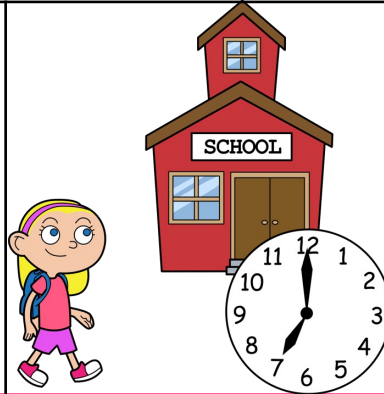
TEST-TAKING TIPS



Get enough sleep



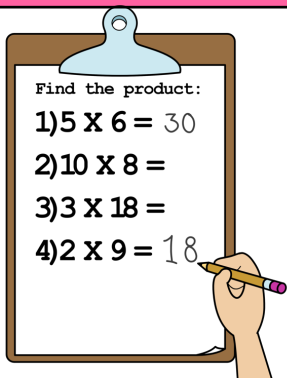
Eat breakfast



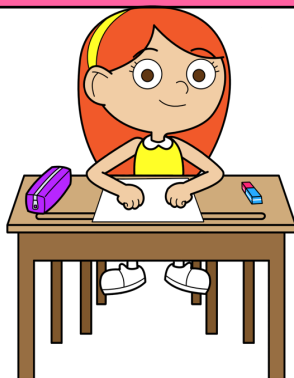
Be on time



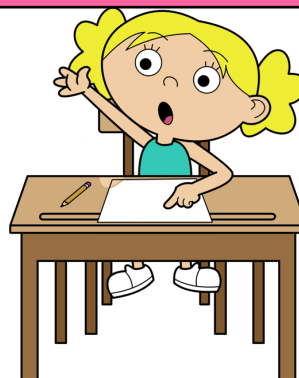
Read directions



Easy questions first



Stay organized



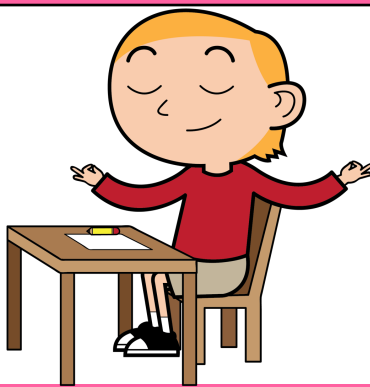
Ask questions



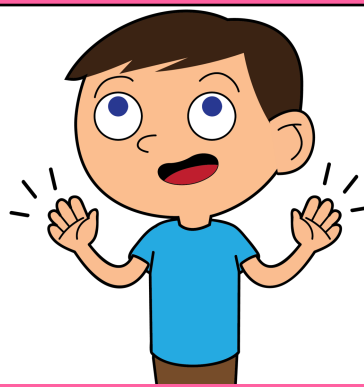
Drink water



Calm your nerves



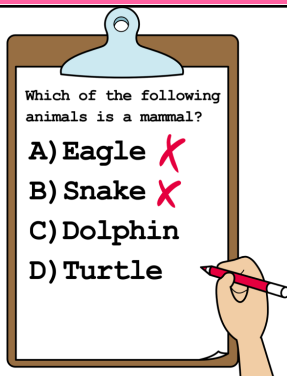
Take breaks



Think positive



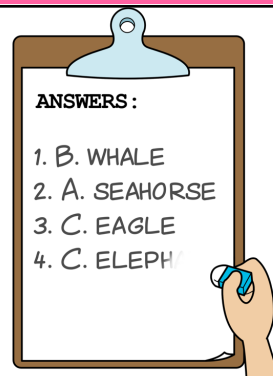
Look for key words



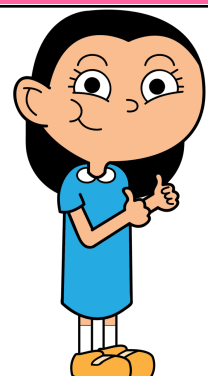
Eliminate wrong answers



Take your time



Check your work

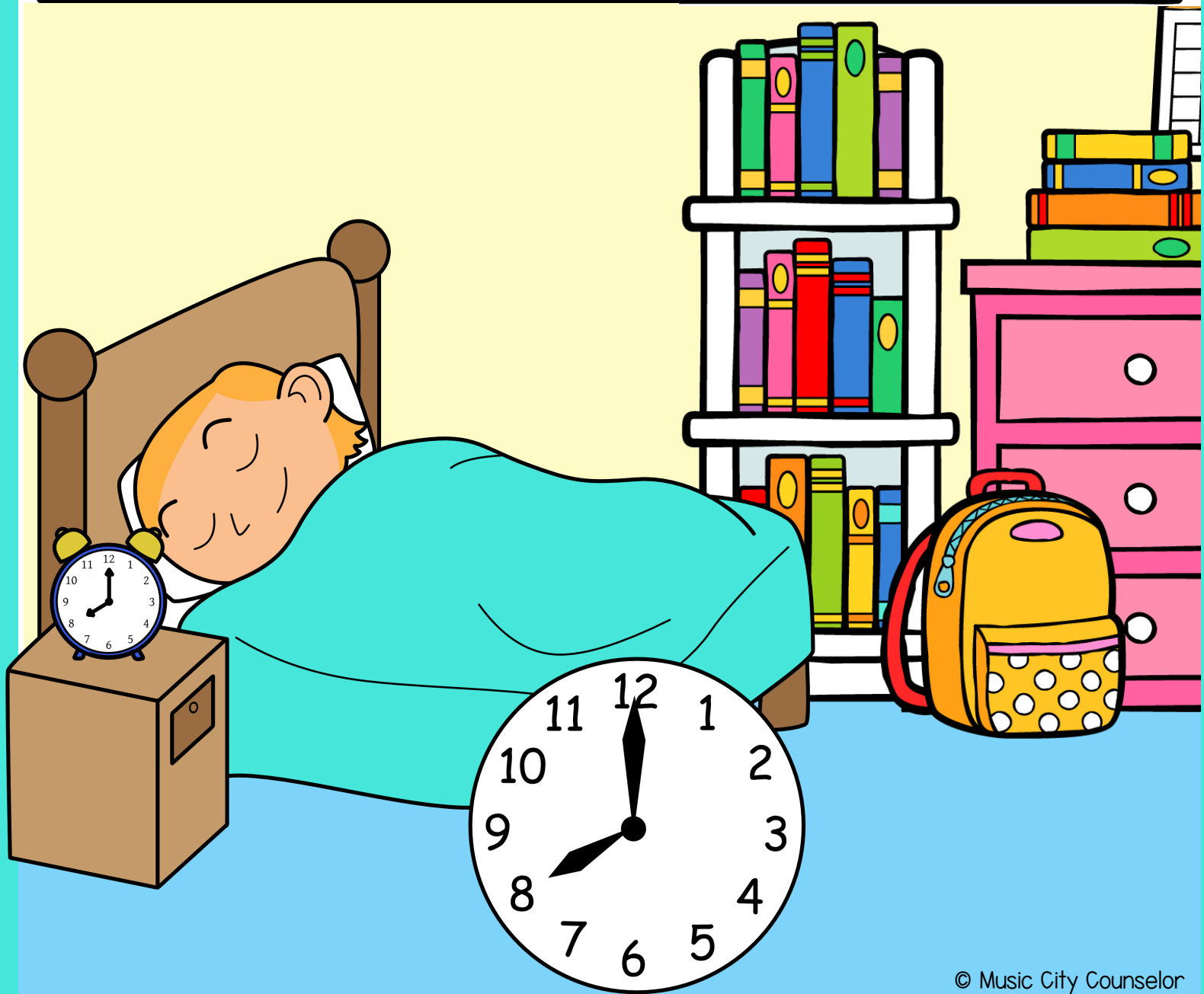


Put in perspective

Test-Taking Tip #1

GET ENOUGH SLEEP

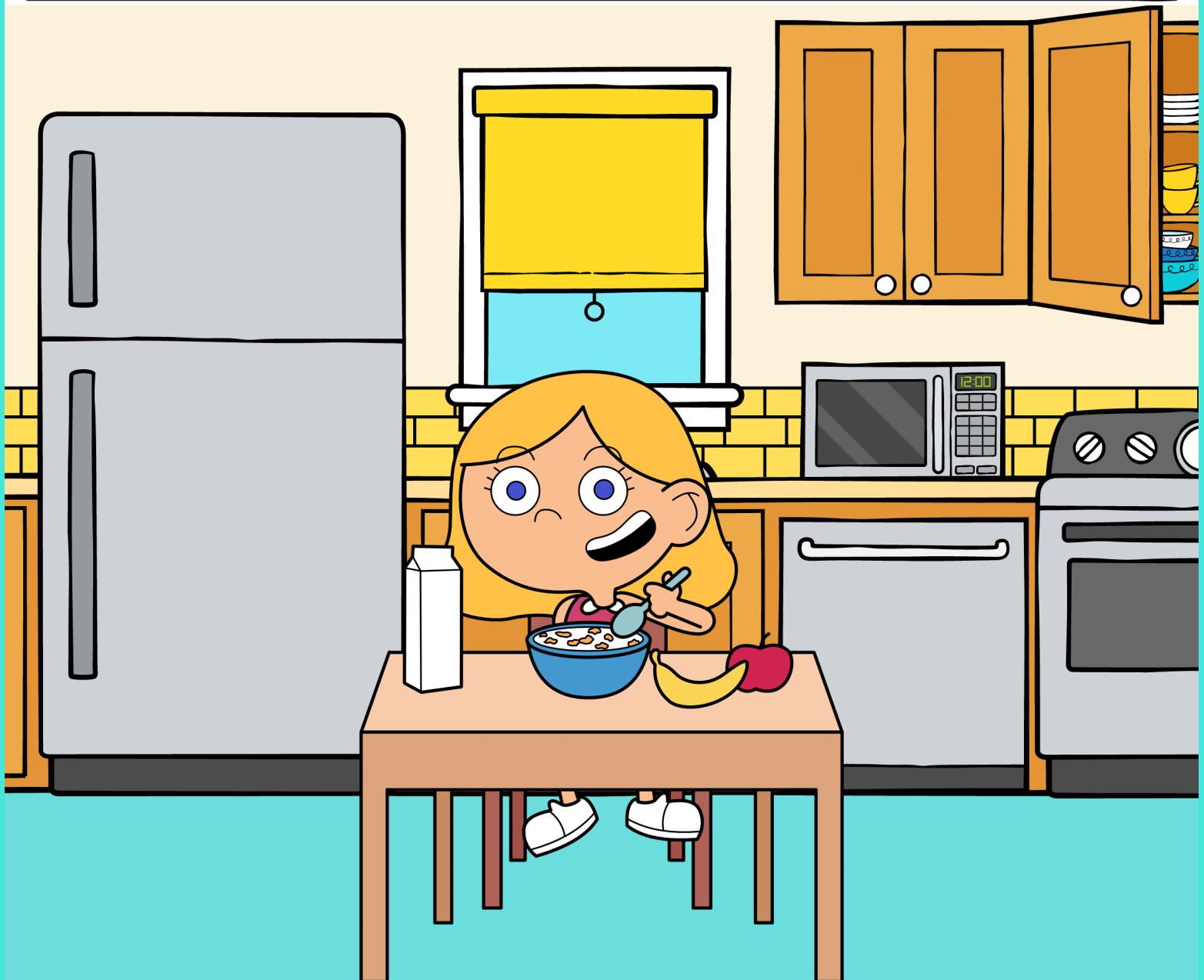
Go to bed on time the night before a big test.



Test-Taking Tip #2

EAT BREAKFAST

.. Eat a healthy breakfast.
Fuel your body and brain! ..

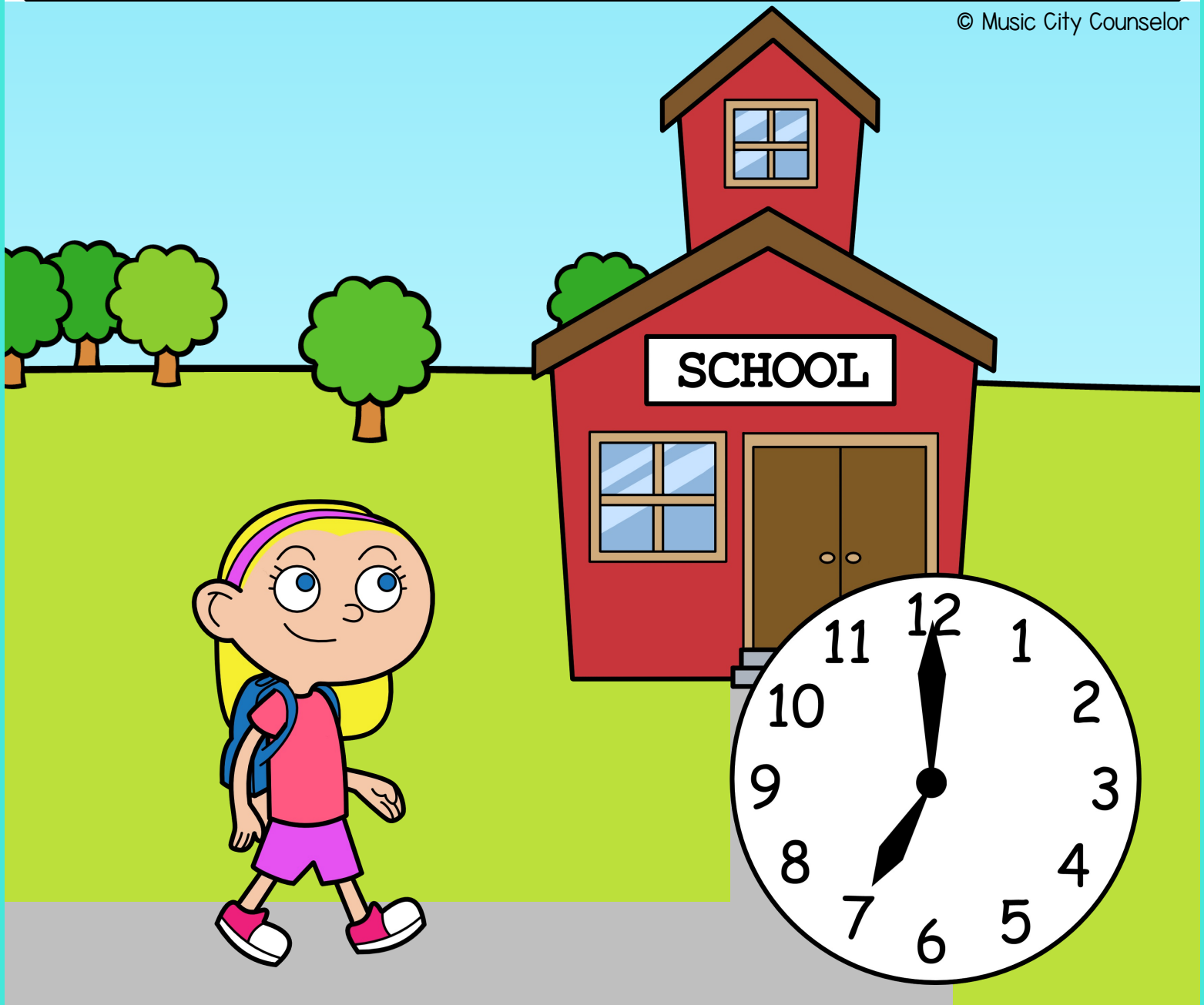


Test-Taking Tip #3

ARRIVE ON TIME

Leave home early enough
to get to school on time.

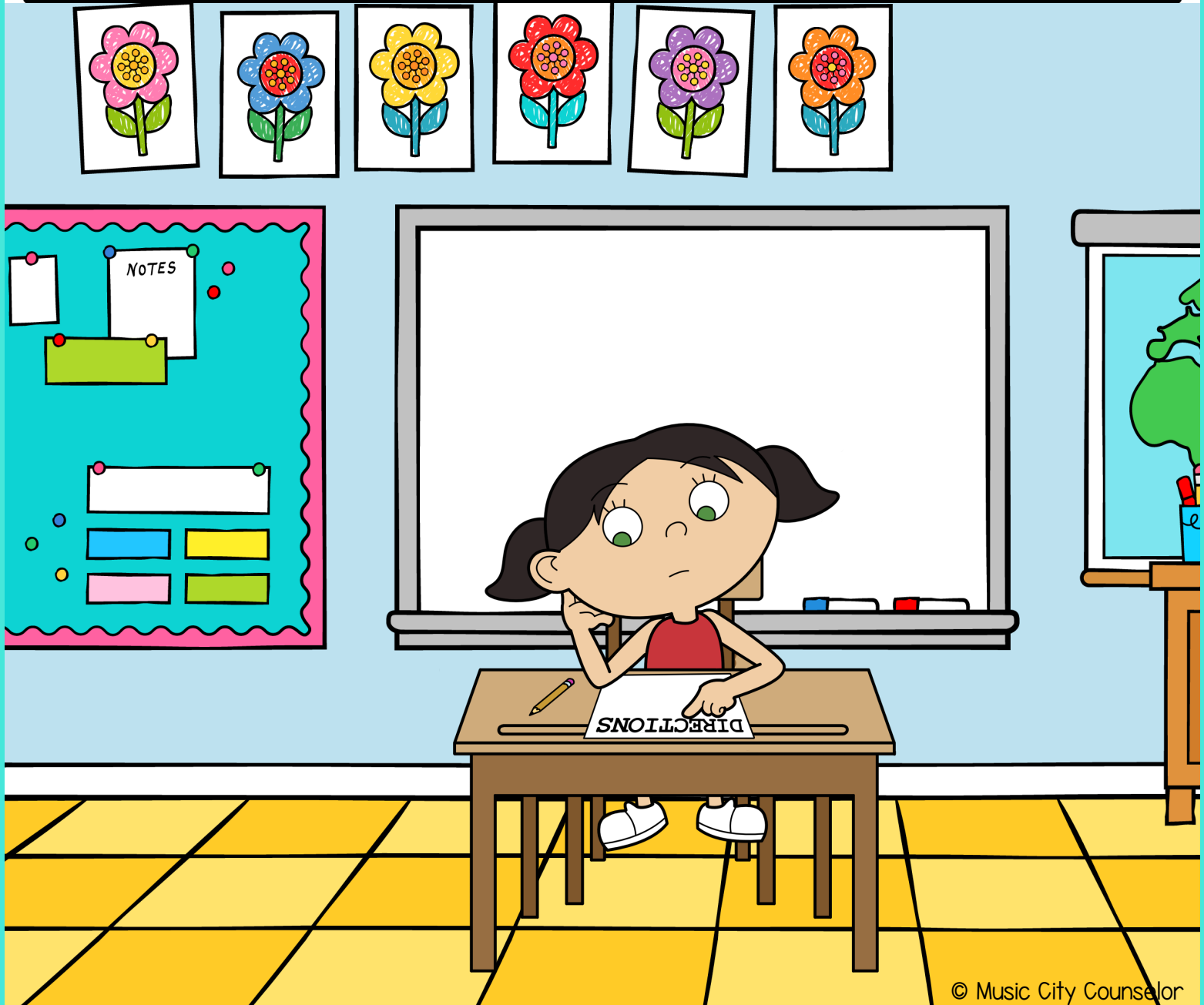
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Test-Taking Tip #4

READ DIRECTIONS

Read the test directions
very carefully.



Test-Taking Tip #5

START SIMPLE

Answer the questions you know first. Add a star next to any challenging questions.

Find the product:

1) $5 \times 6 = 30$

2) $10 \times 8 =$

3) $3 \times 18 =$

4) $2 \times 9 = 18$

Test-Taking Tip #6

STAY ORGANIZED

Keep your desk space tidy and organized.



Test-Taking Tip #7

ASK QUESTIONS

Ask questions if you don't understand.



Test-Taking Tip #8

DRINK WATER

Drink water.
Stay hydrated.



Test-Taking Tip #9

KEEP CALM

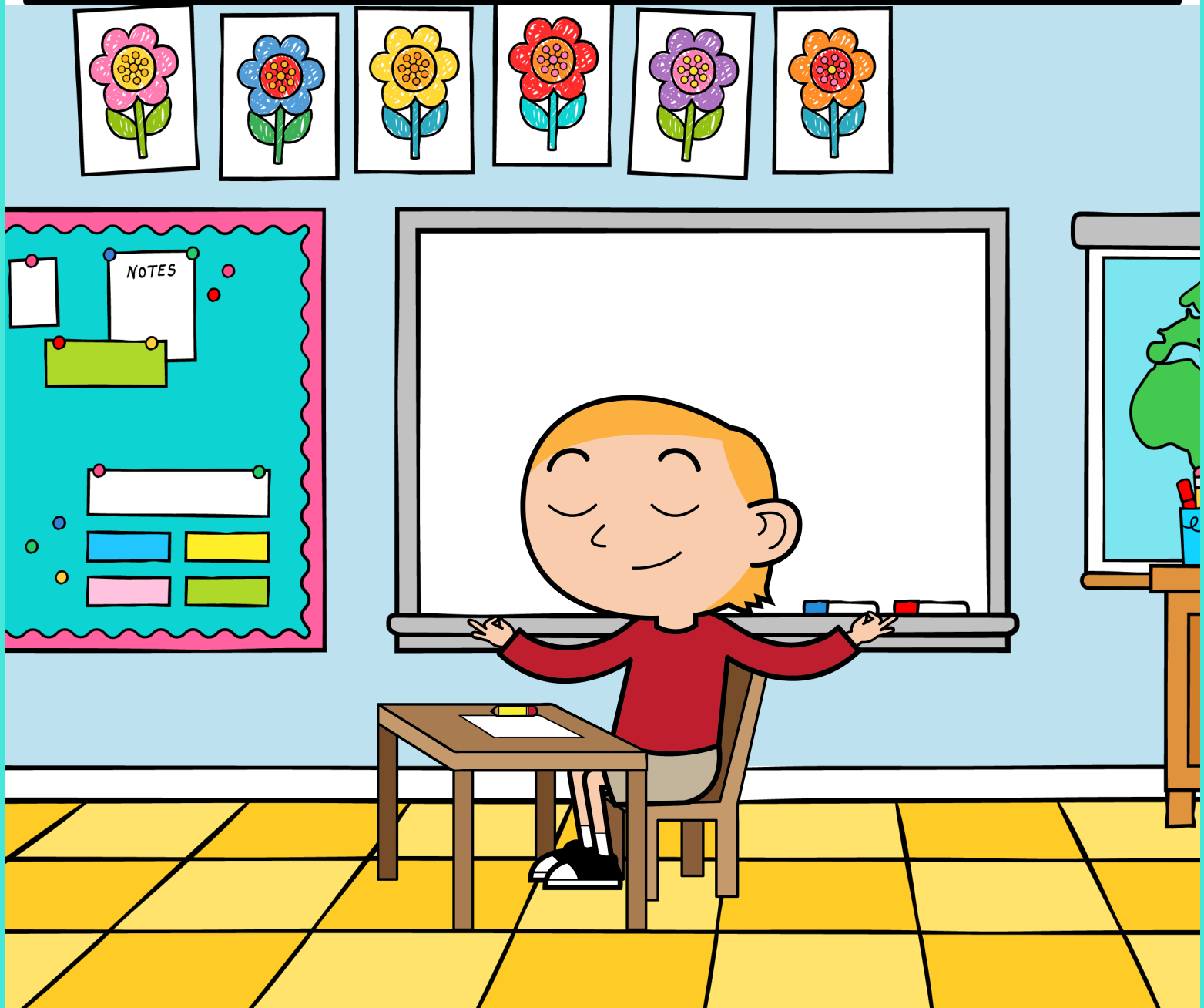
Calm your nerves.
Try mindfulness!



Test-Taking Tip #10

TAKE BREAKS

Take small breaks if you feel stressed.



Test-Taking Tip #11

THINK POSITIVE

Think positive thoughts.



Test-Taking Tip #12

USE KEY WORDS

Look for key words.
Highlight them if you can! . .



Test-Taking Tip #13

ELIMINATE ANSWERS

Eliminate wrong answers.
Cross them out if you can!.

Which of the following
animals is a mammal?

A) Eagle X

B) Snake X

C) Dolphin

D) Turtle



Test-Taking Tip #14

TAKE YOUR TIME

Don't rush. Don't spend too much time on any one question.



Test-Taking Tip #15

CHECK YOUR WORK

∴ Double check your work.
Look for silly mistakes.
Go with your gut. ∴

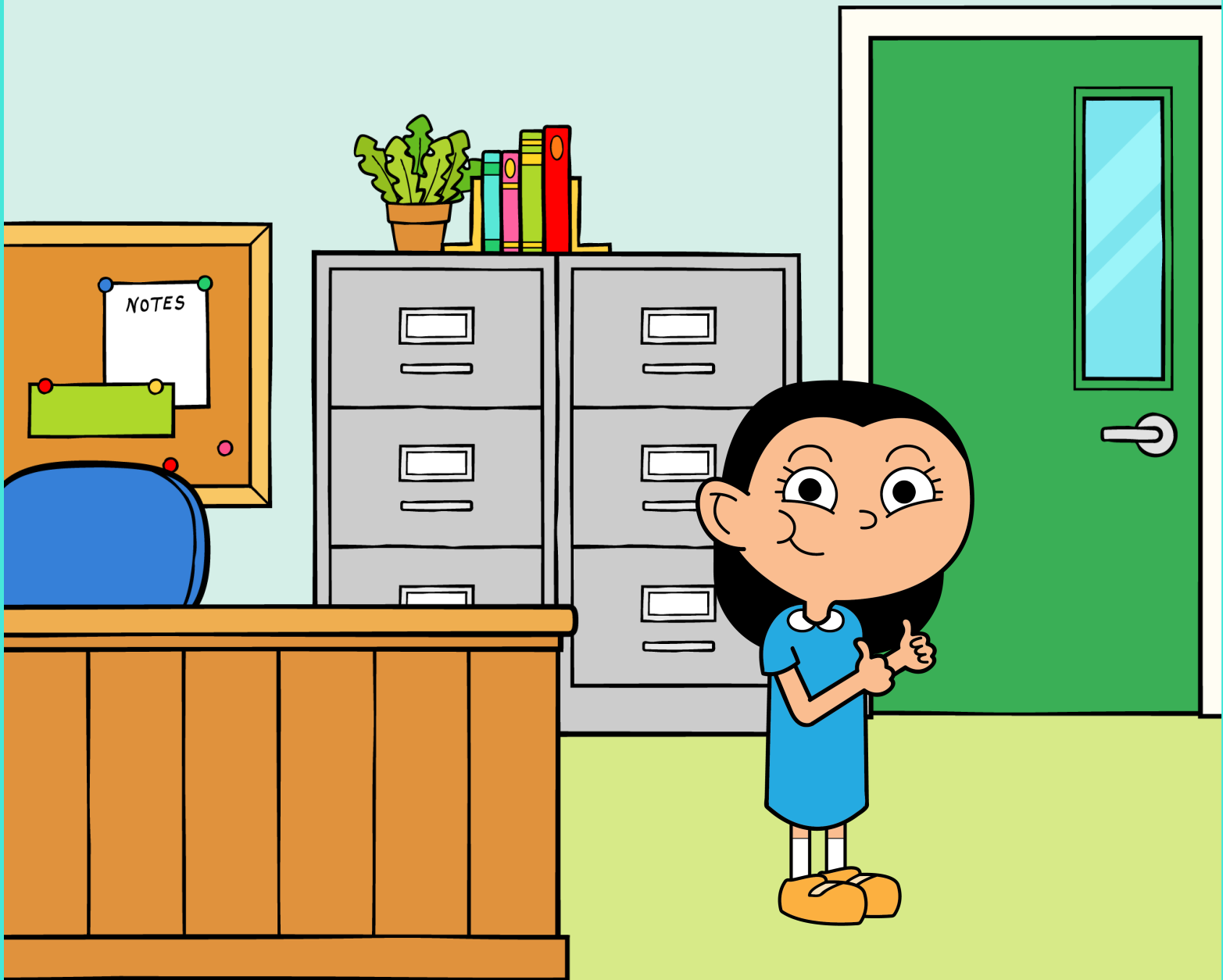
ANSWERS :

1. B. WHALE
2. A. SEAHORSE
3. C. EAGLE
4. C. ELEPHANT

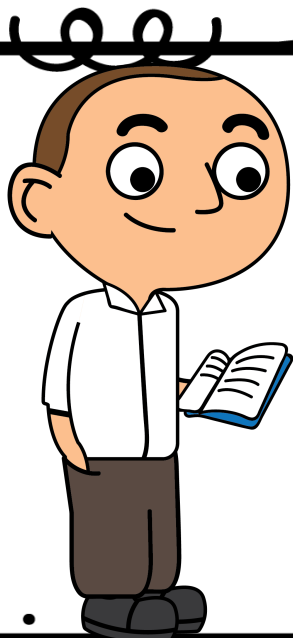
≡Test-Taking Tip #16≡

PUT IN PERSPECTIVE

: Put things in perspective. This test is not the most important thing in the world! . :



DISCUSSION CARDS

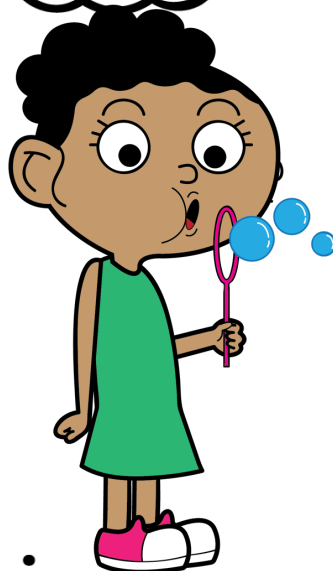
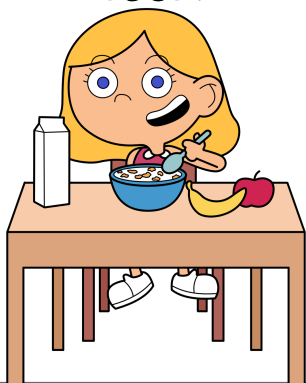


Name two of
Mr. Williams'
test-taking
tips.



Why is it important
to get a good night
sleep before a
test?

Why is it important to eat a
healthy breakfast before a
test?



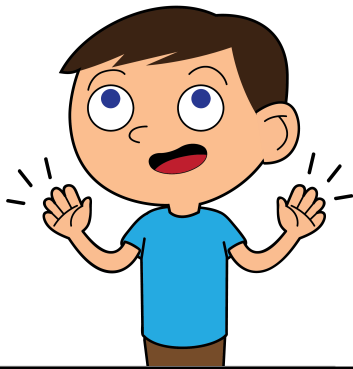
Lead the
group in
bubble
breathing.

Lead the group in
grounding.



Describe your
happy
place to the
group.

What are two positive thoughts that can help you during a test?



It's a time to wear cozy sweaters and pick apples and pumpkins.

How can finding key words help you during a test?



Which of the following animals is a mammal?

- A) Eagle X
- B) Snake X
- C) Dolphin
- D) Turtle



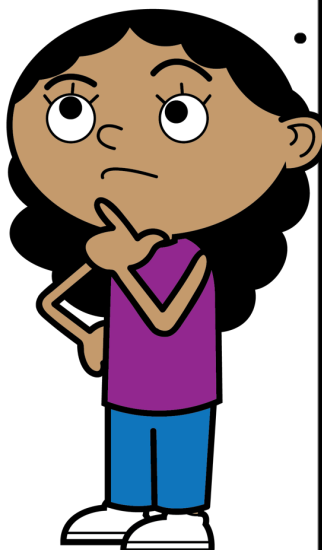
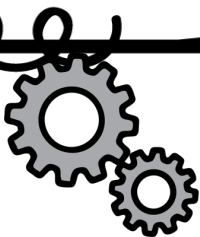
How can eliminating wrong answers help you during a test?



How can you pace yourself during a test?



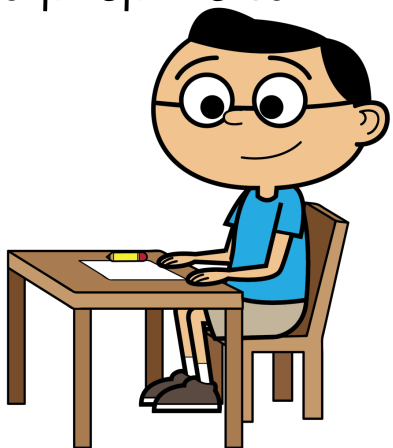
How do you feel about taking tests?



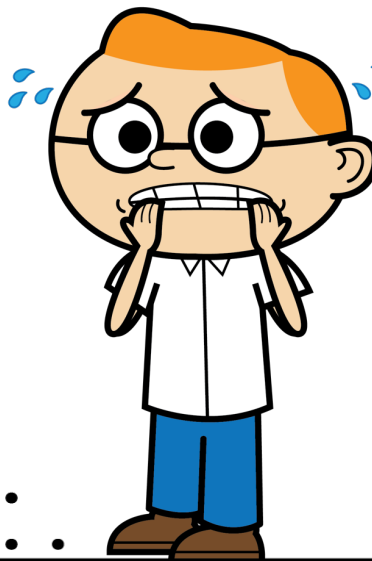
What helps you feel more confident about taking tests?



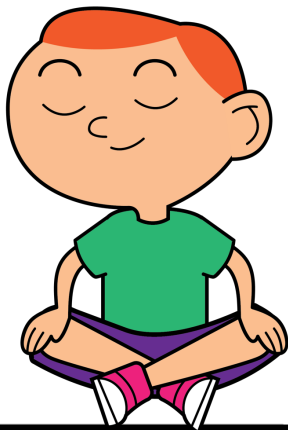
What are some things you do to prepare for a test?



Do certain types of tests make you more nervous than others? Why?



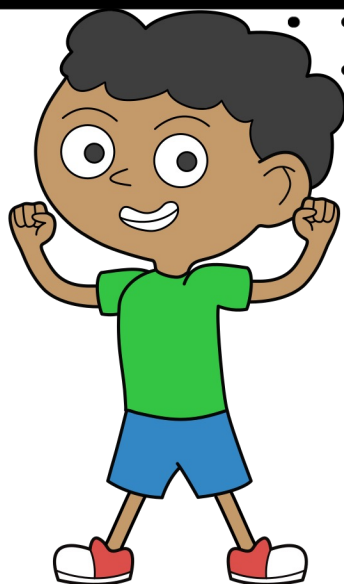
What helps you stay calm during a test?



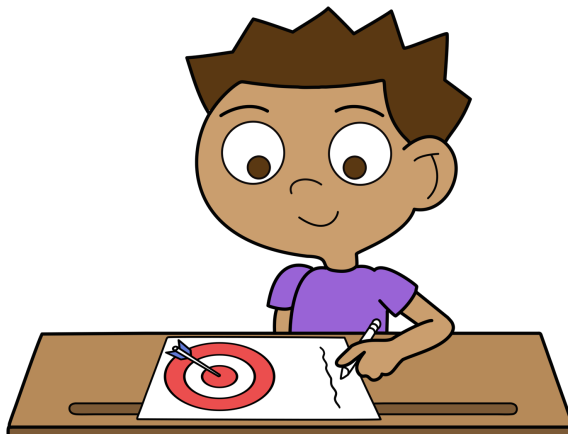
What do you do if you don't know an answer to a question on a test?



Describe a time when you felt proud after taking a test.



Do you set goals for your tests? If so, share.

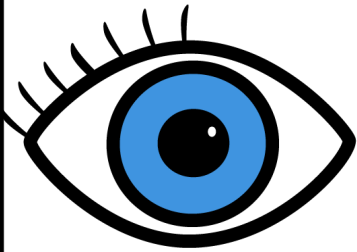


WORKSHEETS & COLORING PAGES

Name: _____

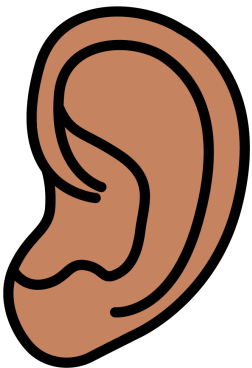
TEST-TAKING

LOOKS LIKE



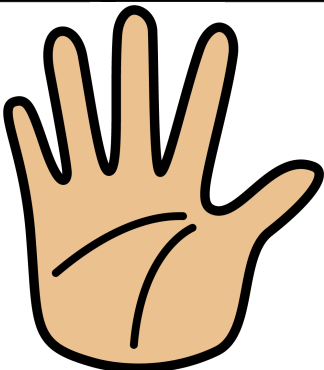
..

SOUNDS LIKE



..

FEELS LIKE

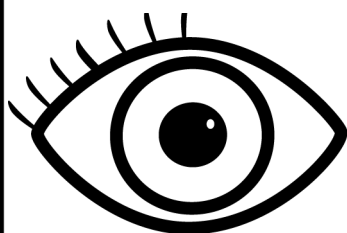


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Name: _____

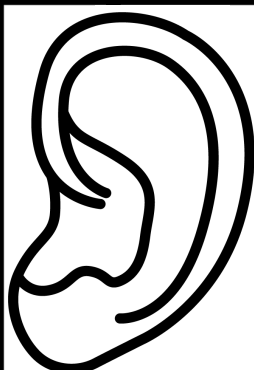
TEST-TAKING

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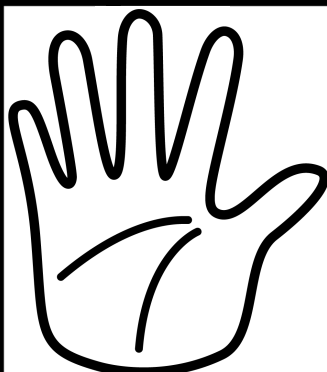
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FEELS LIKE

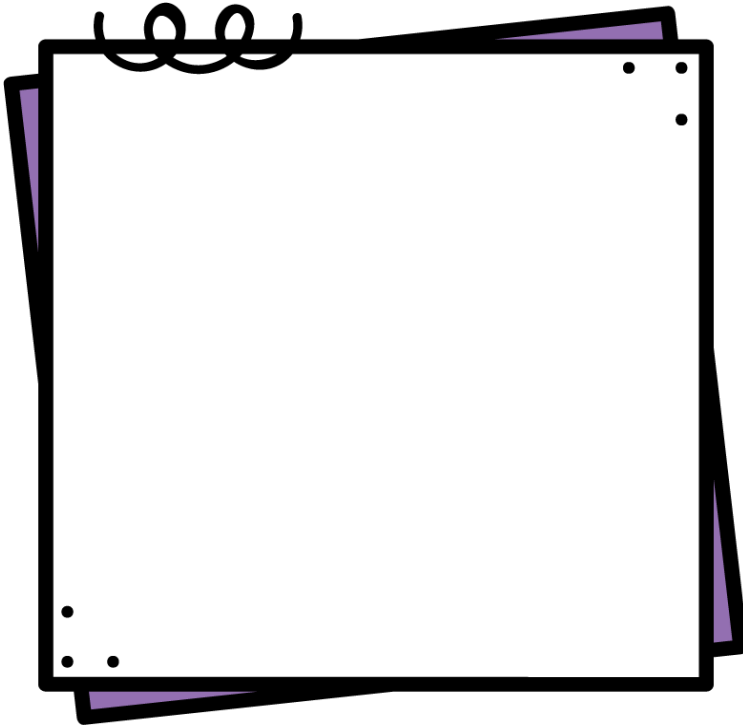


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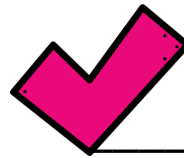
Name: _____

TEST-TAKING

Here's a picture of me
before I take a test:



3 helpful test-taking
tips are:



This helps me do my best on a test:

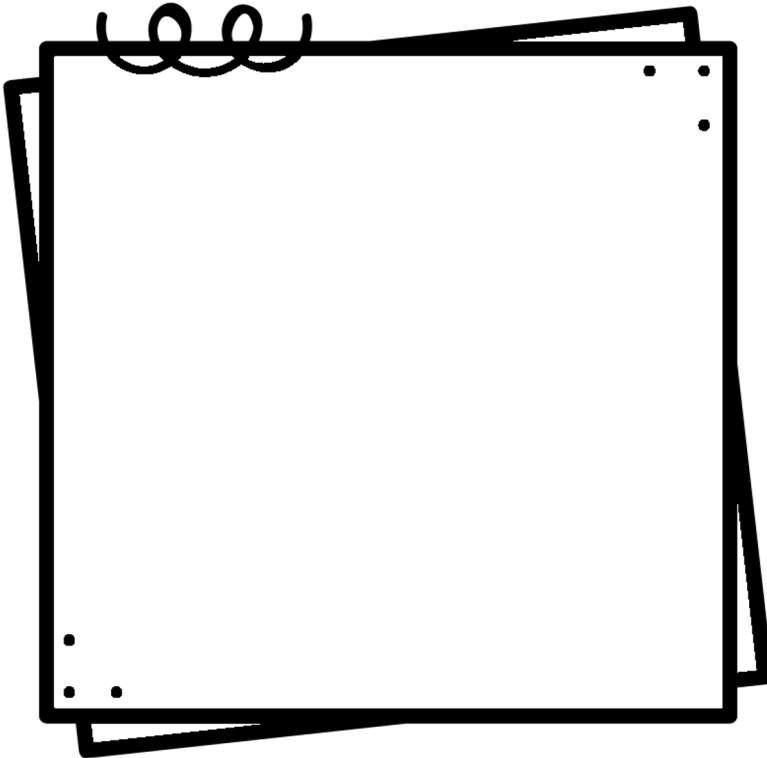


Name: _____

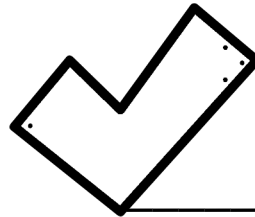
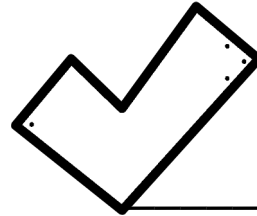
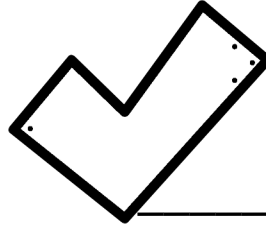
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TEST-TAKING

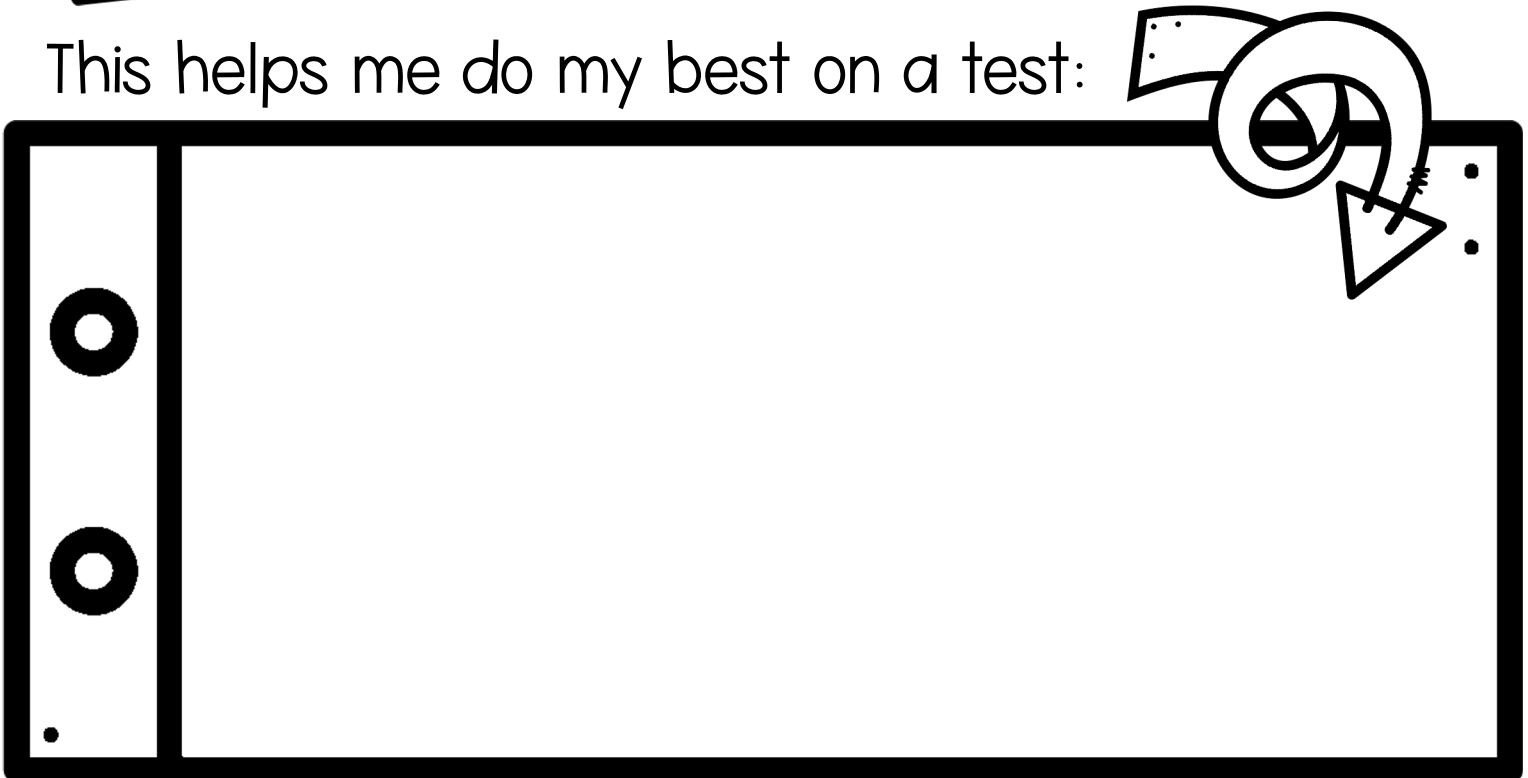
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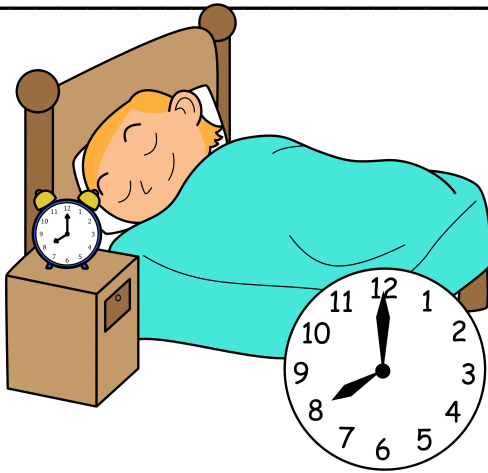
This helps me do my best on a test:



MY TESTING PLAN

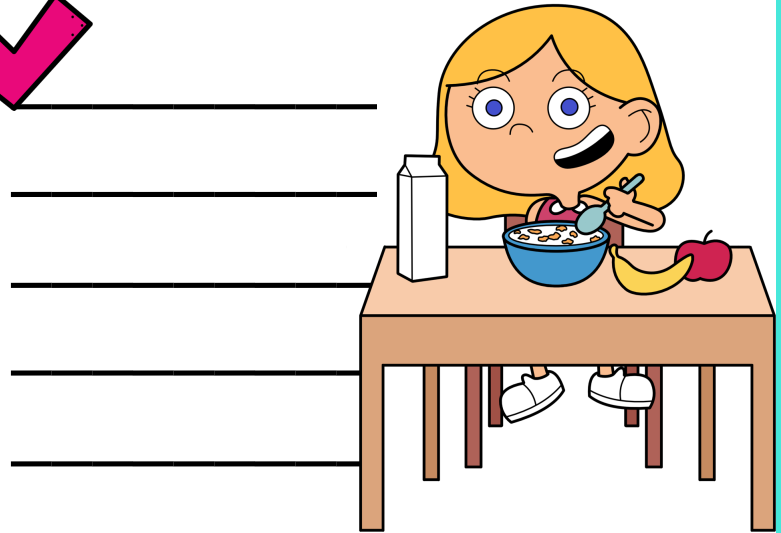
1 BEDTIME

What time will you go to bed the night before test day?



2 BREAKFAST

What will you eat for breakfast on the morning of test day?



3 MORNING PLANS

What will the morning of test day look like for you? Make a plan to arrive to school on time.



4 THINK POSITIVE

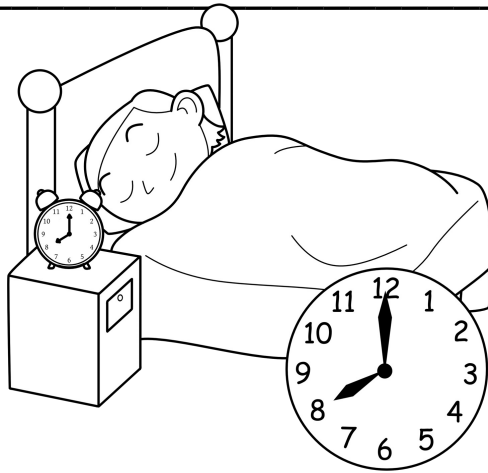
Write positive thoughts that you can think during the test in the bubbles.



MY TESTING PLAN

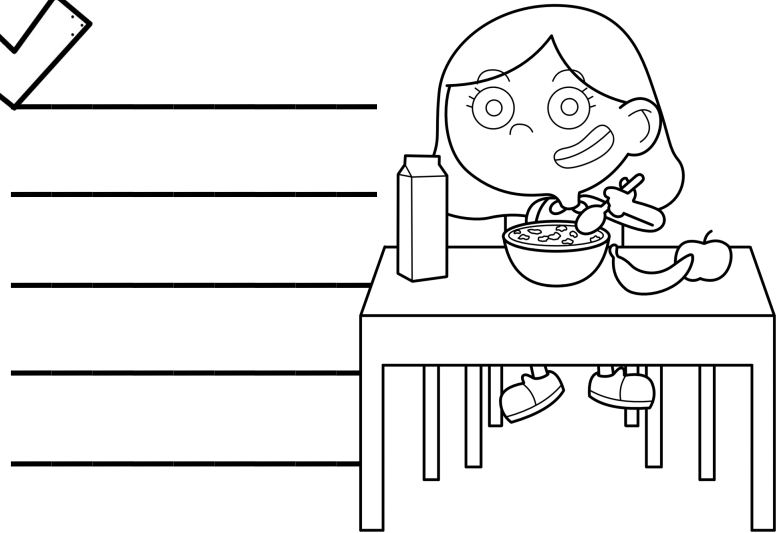
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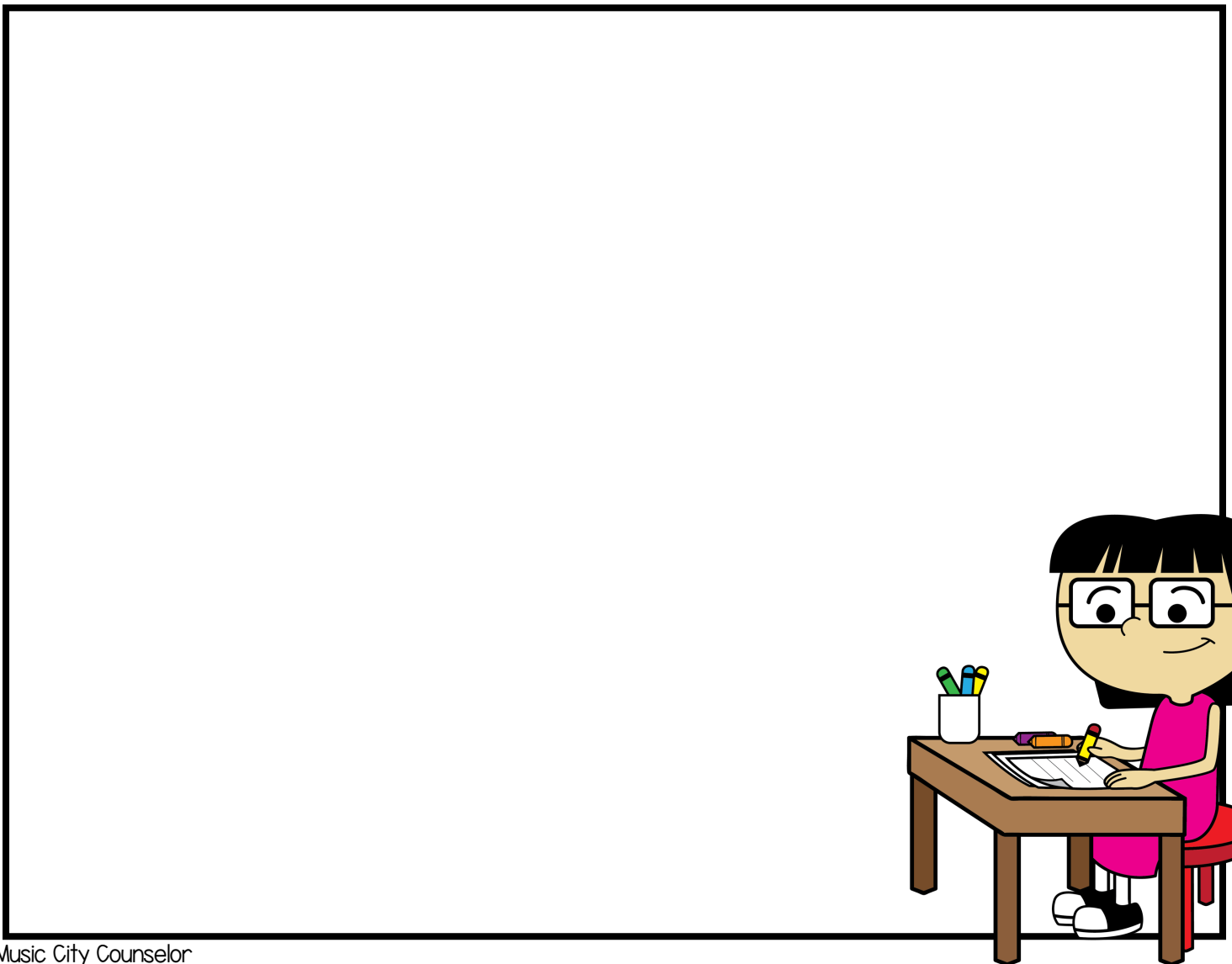
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Name: _____

TEST-TAKING

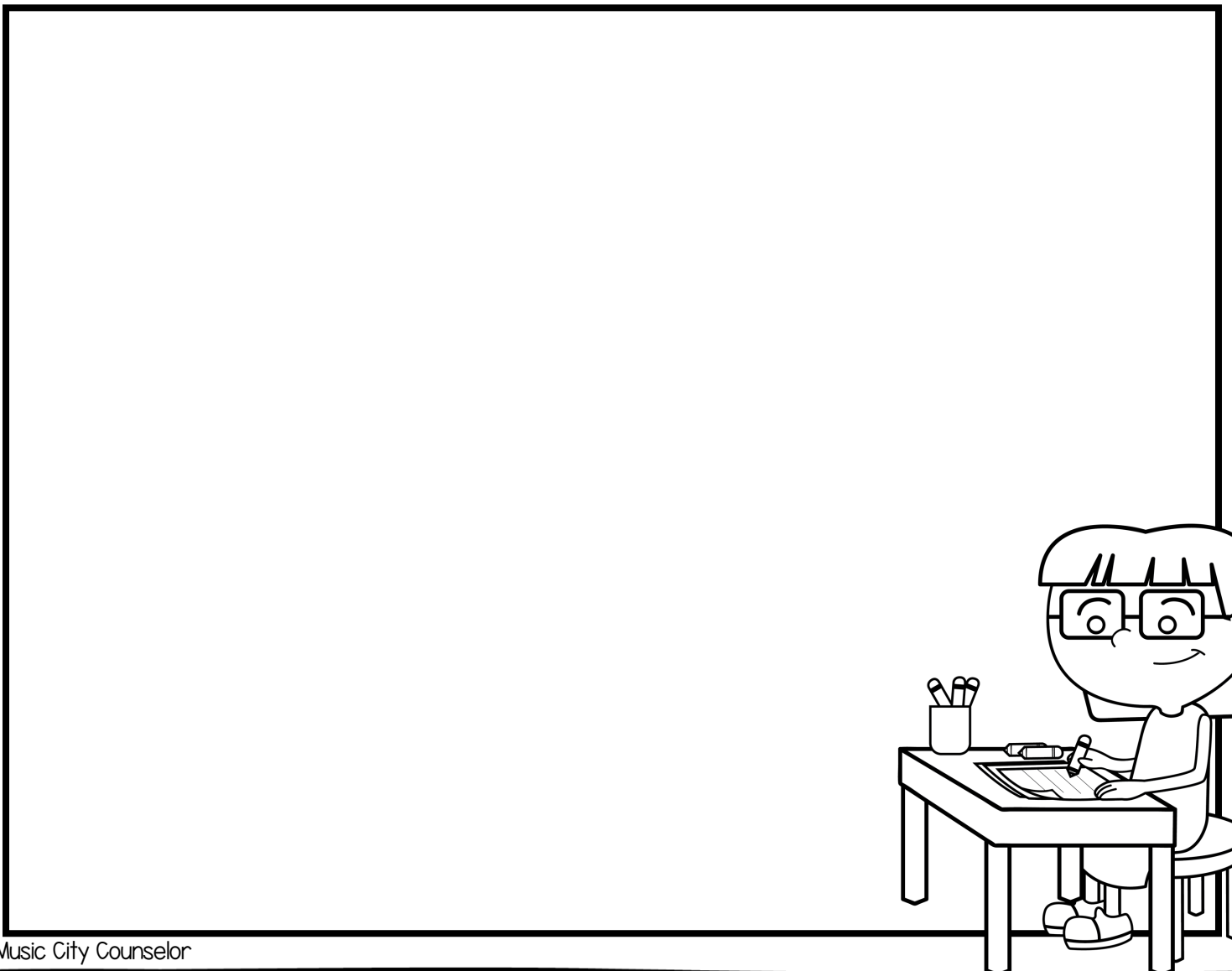
How do you feel when you are about to take a big test? Draw and write about it.



Name: _____

TEST-TAKING

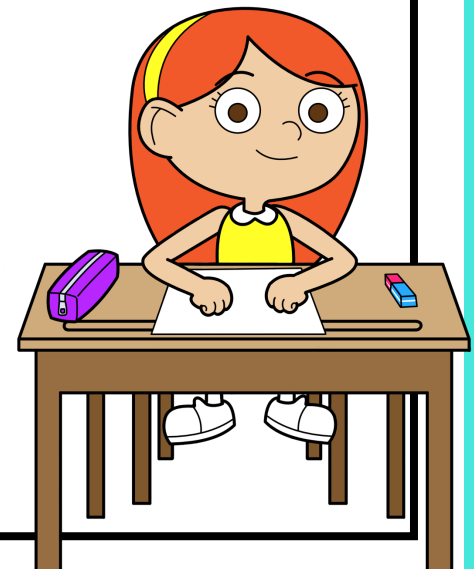
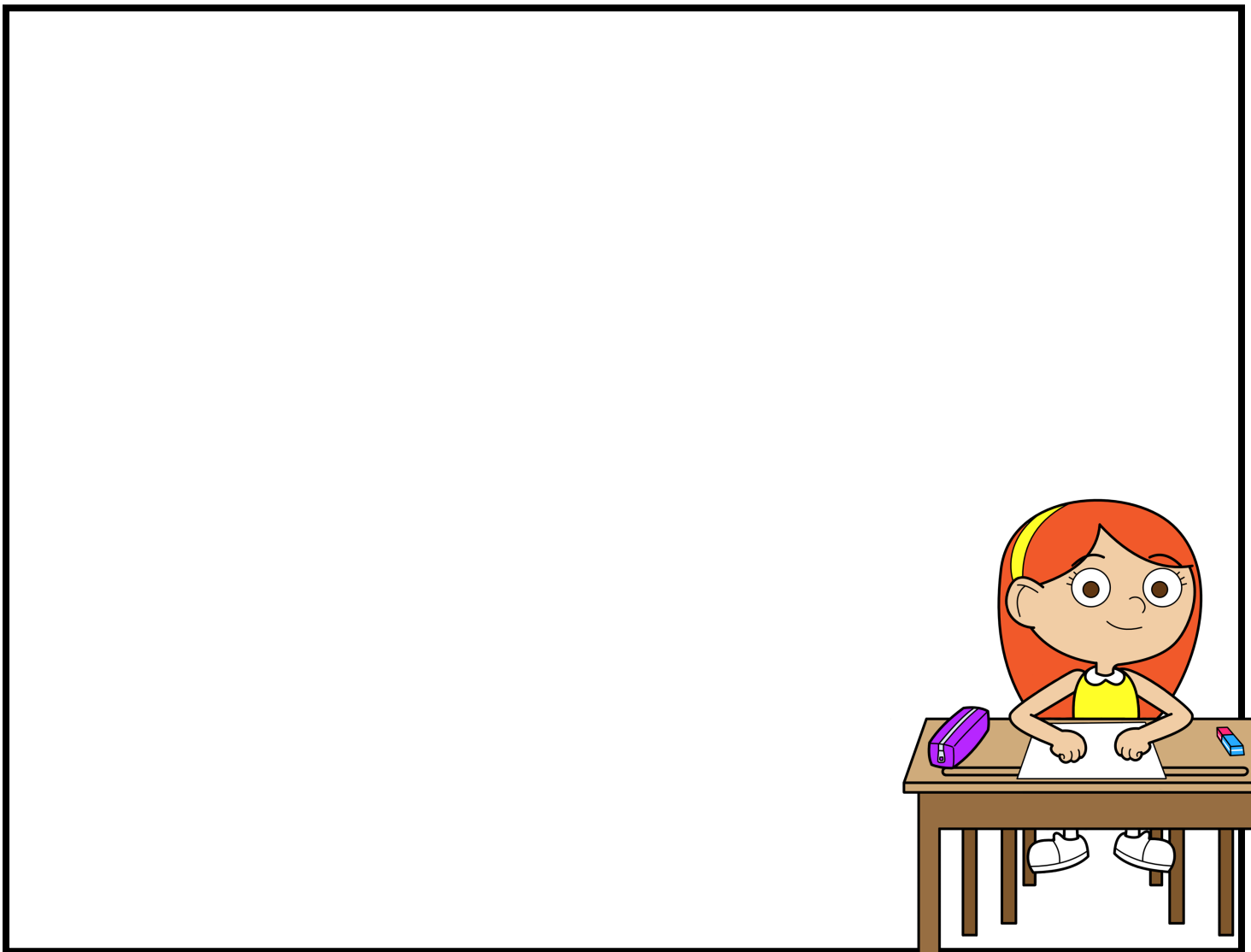
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TEST-TAKING

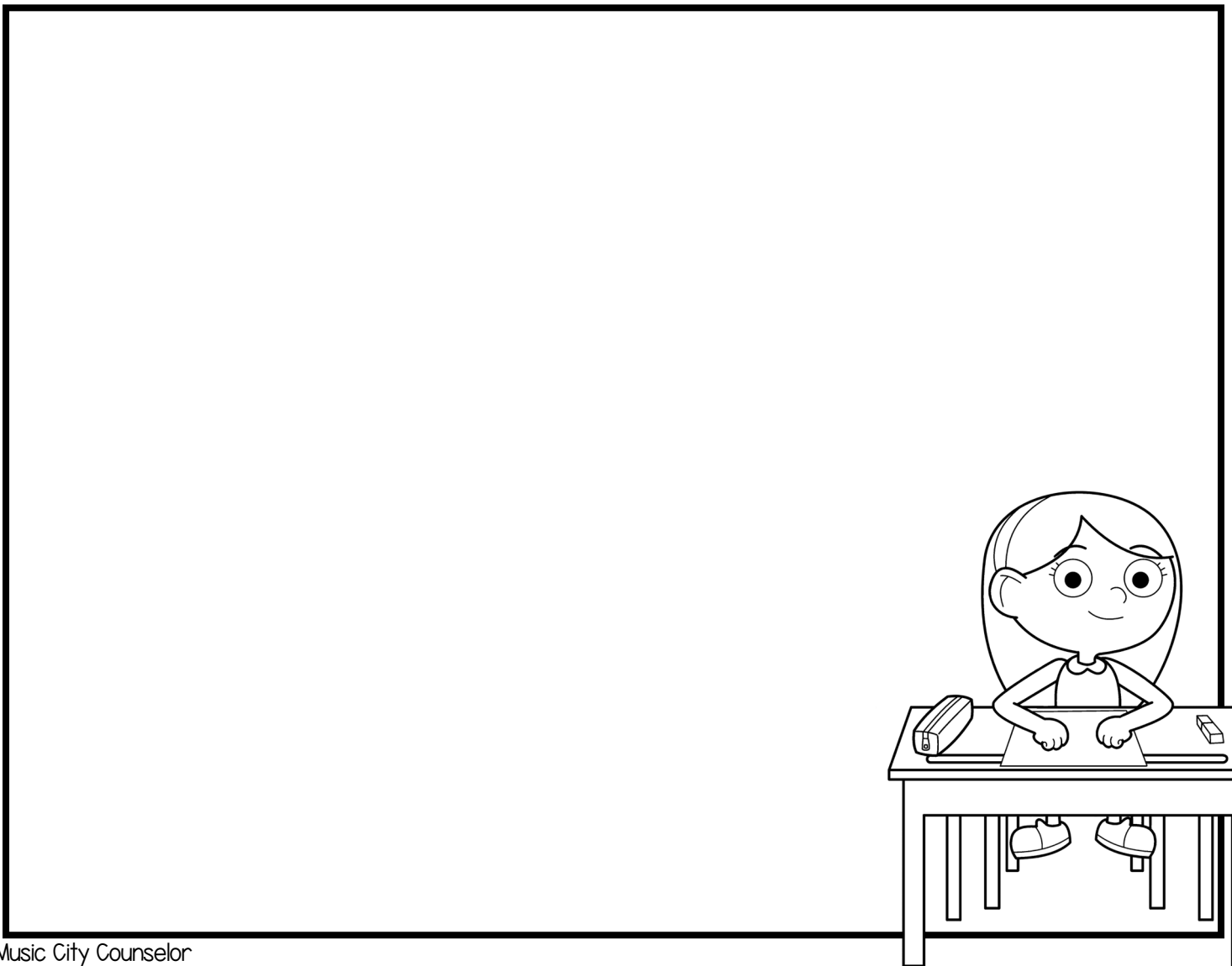
Which test-taking tips are the most helpful to you? Draw and write about them.



Name: _____

TEST-TAKING

Which test-taking tips are the most helpful to you? Draw and write about them.



Name: _____

TEST-TAKING

Write positive, motivating thoughts inside of the thought bubbles to help you during a test.



THINK POSITIVE

Name: _____

TEST-TAKING

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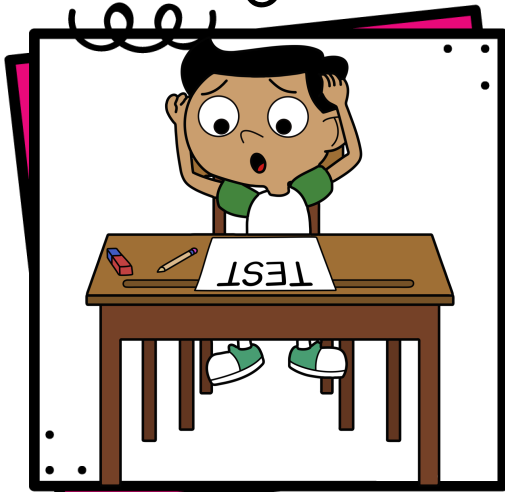


THINK POSITIVE

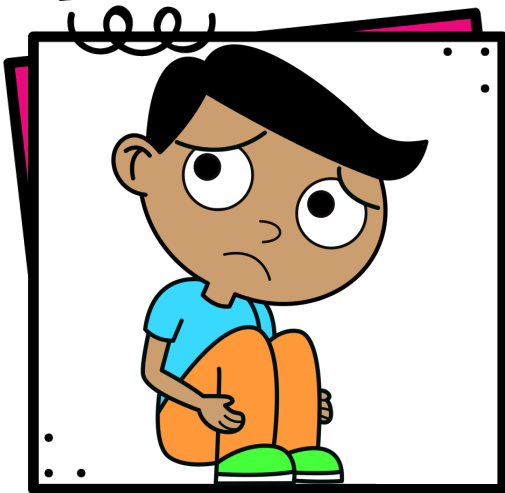
Name: _____

TEST-TAKING

Can you help these friends change their negative thoughts to positive thoughts?



"I'll never pass this test!"



"I'm just not smart enough!"

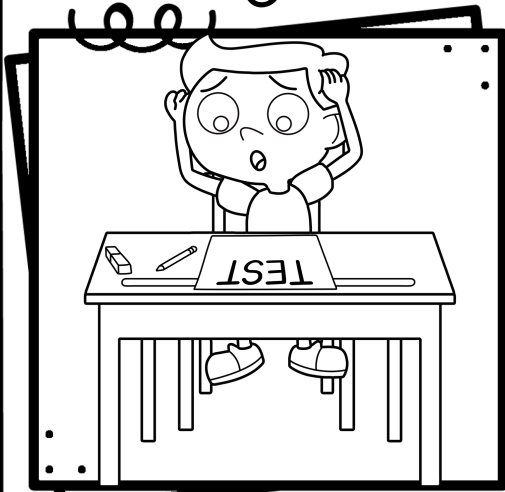


"This is too hard, I give up!"

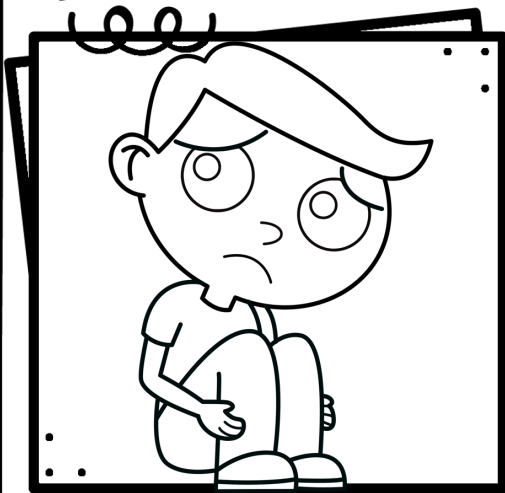
Name: _____

TEST-TAKING

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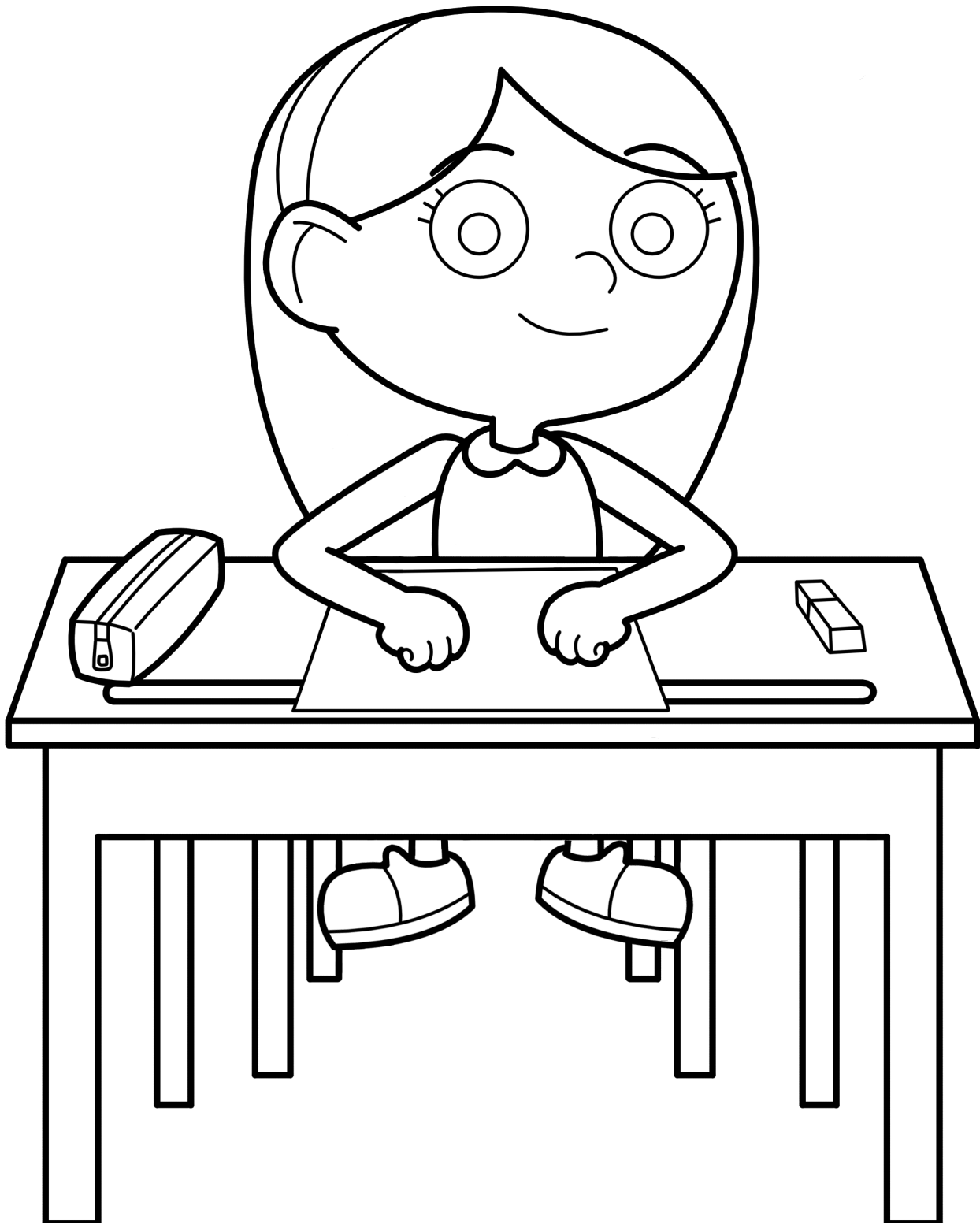
"I'm just not smart enough!"



"This is too hard, I give up!"

Name: _____

I will do my
BEST ON THE TEST!



Name: _____

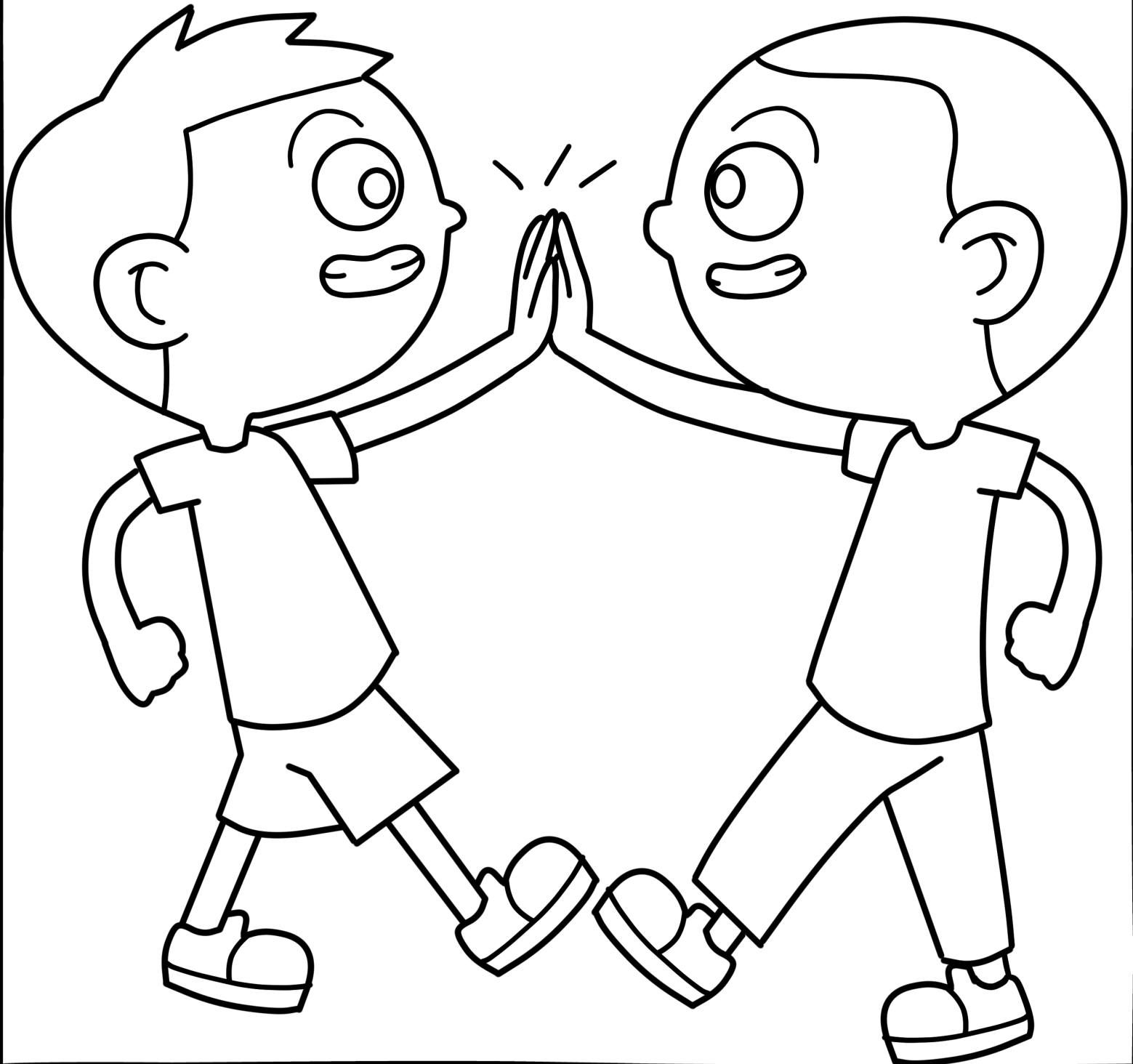
I will do my
BEST ON THE TEST!

**I CAN
DO THIS!**



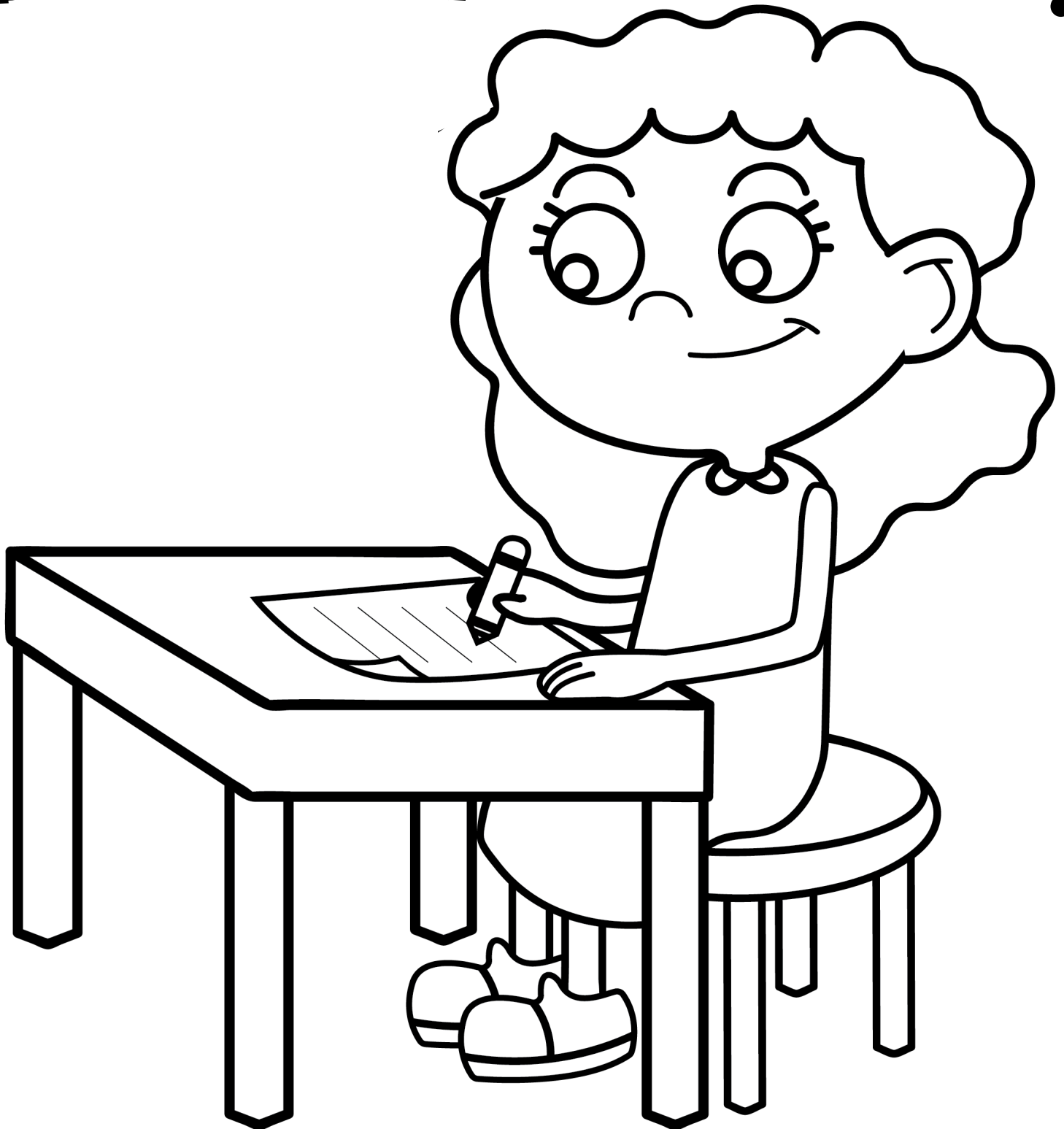
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I will do my
BEST ON THE TEST!



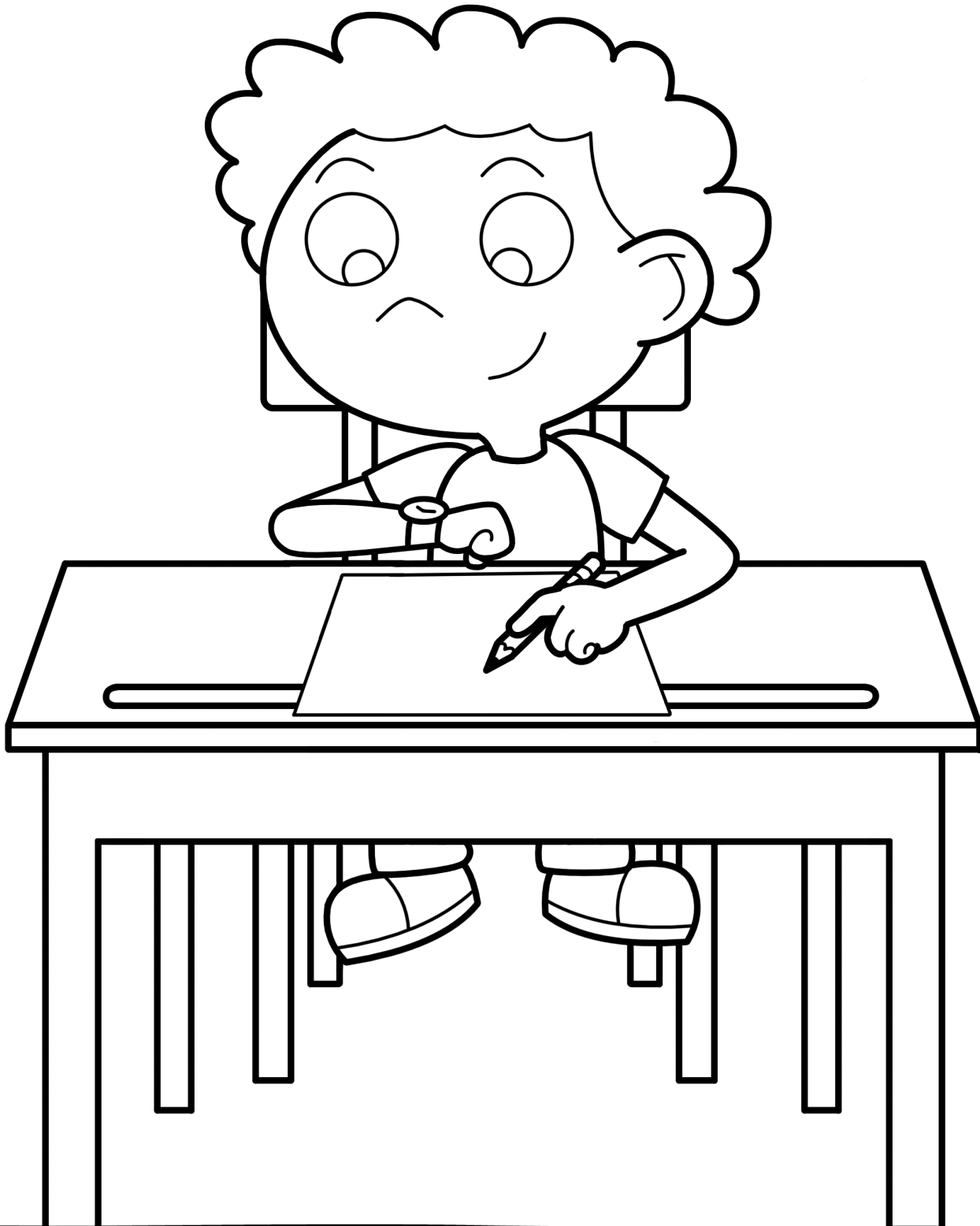
Name: _____

I will do my
BEST ON THE TEST!



Name: _____

I will do my
BEST ON THE TEST!



Name: _____

I will do my
BEST ON THE TEST!



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♥ *laura oathout*

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