



# Standardized Testing Reminders

## PURPOSE

- Reduce testing anxiety by giving control to students and letting them know what they need for the test.
- Prepare students for upcoming tests.
- Give students tools to deal with testing anxiety.

## INSTRUCTIONS

### Materials

- Plain Paper or Printed Template
- Tape
- Markers or colored pencils

### Assembly

1. Think of the answers to these questions as a group. You may need to ask your teachers if you do not know all the answers.
  - a. What days are the tests?
  - b. What do you need to bring for the test?
  - c. Does the test affect my class schedule?
  - d. What do I need to do for my test?
  - e. What can I do if I feel anxious during the test?
2. Create a handout or posters with the answers to these questions clearly displayed.
  - a. Take a look at the example posters Erika's Lighthouse made for inspiration.
  - b. You can update our example with your information or create your own poster entirely
3. Make copies of your poster/handout.

## OBJECTIVE

- Students around the school will have testing information easily available.
- Students will have a reminder about things to do before the test, so that they can be prepared for the test.

### Application

- Distribute these so that students can easily find their testing information.
- If you create posters, hang them up in places that you think students will easily see them. Bulletin boards work great for this, but find the places that make sense to you.
- If you create handouts, find a way to distribute them to the students throughout the school. You might want to give them to homeroom teachers to pass out.
- The next two pages give you examples, and the pages after that are a template you may use, however, feel free to design your own if you want!

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH

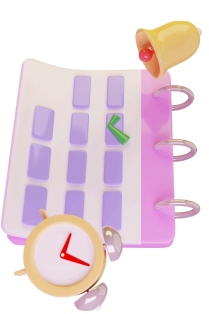


erikas.lighthouse



@Erika's Lighthouse

# MAP Testing Schedule



	<b>Monday May 11th</b>	<b>Tuesday May 12th</b>	<b>Wednesday May 13th</b>	<b>Thursday May 14th</b>	<b>Friday May 15th</b>
<b>Reading</b>	5th and 6th grades	1st and 2nd grades	3rd and 4th grades	5th and 6th grades	
<b>Math</b>	7th, and 8th grades	3rd and 4th grades	1st and 2nd grades	7th, and 8th grades	
<b>Science</b>			5th and 8th grade		
<b>Social Studies</b>		8th Grade		3rd grade	



# MAP Testing Reminders



## **What do I need to do for my test?**

I need to:

- get a good night's sleep before the test
- eat a good breakfast before the test
- use the testing strategies my teacher taught me
- try my best



## **What do you need to bring for the tests?**

I need to bring:

- my lunch
- a water bottle
- a book to read for when I finish



## **What can I do if I feel anxious during the test?**

I can:

- practice deep breathing to calm myself down
- skip a question I don't know and come back to it later
- remind myself how much I learned this year
- focus on showing growth



## **Does the test affect my class schedule?**

Yes, we will have early dismissal at 2:00 PM the whole week from Monday, May 11th - Friday, May 15th. We will not be going to our regular classes, but instead, we will go to our homerooms and take our tests in there. We will also be eating lunch in our homerooms at 11:30 AM instead of at the regular time.

# Testing Schedule



	Monday <insert date>	Tuesday <insert date>	Wednesday <insert date>	Thursday <insert date>	Friday <insert date>
Reading					
Math					
Science					
Social Studies					



# Testing Reminders



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## **Does the test affect my class schedule?**

<insert information about testing schedule changes>