

A large, stylized black bear is the central focus of the illustration on the left. It is depicted in a dark, solid black color with white outlines for its eyes, ears, and limbs. The bear is shown in a walking or standing posture, facing towards the left. In the bottom left corner, a small cartoon boy with brown hair, wearing a yellow shirt and green pants, is sitting on a wooden stool, looking up at the bear. The background of the illustration is white with some light blue shading. The entire illustration is framed by a thick, curved white border that follows the shape of the bear and the boy.

TEST-TAKING STRATEGIES

- *Dealing with Test Anxiety*
+
- *Tips for Multiple-Choice
Exam Questions*

**Presented by J. Tate & R. Arnold,
PLC Coach**

**Brandye Williams, Principal &
Narvia Smith-Taylor Assistant Principal**

Agenda

OBJECTIVE

MISSION AND VISION

PURPOSE OF THE MEETING

WHAT IS TITLE 1

HOW TITLE-1 WORKS

UPCOMING PARENT TRAININGS

TEST TAKING STRATEGIES

CONCLUSION & SURVEY





OBJECTIVES

Be Clear

At the completion of this session, you will be able to:

Help

- Help your child identify strategies for managing test anxiety

Help

- Help your child to prepare to take a high-stakes exam

Share

- Share with your child some strategies for answering multiple choice test items

MISSION AND VISION

Downtown Elementary will provide an educational foundation that is transferable to real-life, enabling students to be productive learners who excel academically and socially.

Our vision is to provide a multi-faceted educational foundation that inspires children to pursue and achieve their fullest potential in efforts to compete globally in the 21st century.



**Federal guidelines
require Title I schools
hold Parent
Meetings/Trainings
to explain and discuss
the Title I school wide
programs and
requirements**

PURPOSE OF THE MEETING

TITLE 1

TITLE I IS THE LARGEST FEDERAL ASSISTANCE PROGRAM FOR OUR NATION'S SCHOOLS.

THE GOAL OF TITLE I IS A HIGHER QUALITY OF EDUCATION FOR EVERY CHILD.

THE PROGRAM SERVES MILLIONS OF CHILDREN IN ELEMENTARY AND SECONDARY SCHOOLS EACH YEAR.



**THE FEDERAL GOVERNMENT PROVIDES
FUNDING TO STATES BASED ON CENSUS
DATA EACH YEAR FOR TITLE I**

**THE TENNESSEE DEPARTMENT OF
EDUCATION SENDS THE MONEY TO THE
LOCAL SCHOOL DISTRICTS.**

**THE SCHOOL DISTRICT IDENTIFIES
ELIGIBLE SCHOOLS (BASED ON FREE
AND REDUCED LUNCH PERCENTAGES)
AND PROVIDES TITLE I FUNDS.**

**ALL TITLE I SCHOOLS' IN SCS
IMPLEMENT A SCHOOLWIDE PROGRAM**



SUMMER SUPPORT
TUESDAY, MAY 25, 2021 @ 4: 00 P.M.

Upcoming Parent Trainings





1. DEALING WITH TEST ANXIETY





WHAT IS TEST ANXIETY?

- A complex phenomenon
- Includes physical, mental, and behavioral responses related to fear of negative consequences
- May feel as if the test is a personal threat, inducing fight or flight responses
- May occur before, during, or after a test
- Tends to come in a wave

MORE ABOUT TEST ANXIETY

The degree of anxiety varies along a continuum from mild preoccupation to a fear of failure and sense of worthlessness



RESPONSES TO ANXIETY



Physical:

↑ Heart Rate, ↑ Respirations

Muscle Tension

Sweating

Mental:

Nervousness, uneasiness

Negative thoughts

Drawing a “blank”

Behavioral:

Pacing

Foot tapping

Avoidance

FACTORS RELATED TO TEST ANXIETY

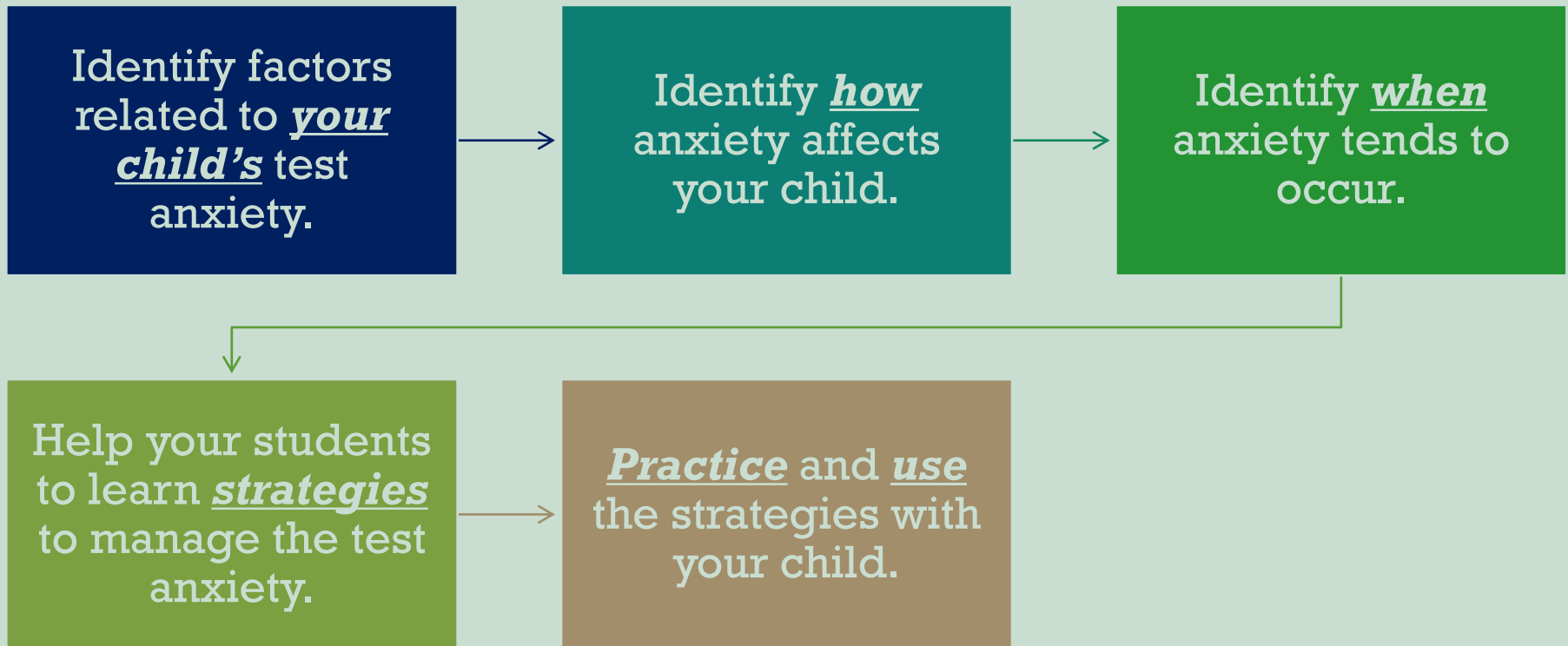
Variety of factors

- Content
- Time pressures
- Setting
- Previous experience
- Difficulty of test
- Lack of preparation
- Method of administration
- Life situation

*Test anxiety **INCREASES** with:*

- Increased importance
- Difficulty of test items
- Test proximity
- Feeling more unprepared

WHAT CAN YOU DO ABOUT TEST ANXIETY?



TECHNIQUES TO REDUCE TEST ANXIETY

Deep or Controlled Breathing



DEEP BREATHING EXERCISE

Sit comfortably and close your eyes

Slowly take a deep breath...Hold for a count of 4

Now slowly exhale through the mouth for a count of 8

As you inhale, say to yourself: I AM...

As you exhale, say to yourself: RELAXED

Repeat:

Slowly inhale, hold for a count of 4, and say : I AM...

RELAXED as you exhale for a count of 8

If your mind wanders, come back to the awareness of your breathing
and to the words: I AM...RELAXED

When you are ready to stop, slowly open your eyes

GUIDED IMAGERY



Close your eyes and visualize a peaceful, relaxing time or place.

What do you see?

What do you hear?

What are the smells?

Remember how you felt in that place — relaxed and peaceful.

TECHNIQUES TO REDUCE TEST ANXIETY

Think and Talk Positively



Visualize a positive outcome.

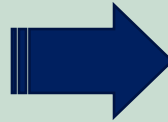
Replace negative thoughts with positive.

~~I'm going to fail this test.~~

I have the ability to do well on this test!

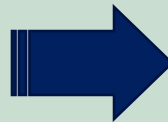
THINK AND TALK POSITIVELY

1. I'll never be able to answer all the items correctly.



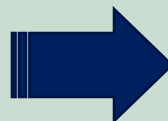
1. No one is expected to answer all the items correctly.

2. If I fail this test, I won't be able to face my family and friends.



2. If I fail this test, my family and friends will still love me.

3. I'm so slow, I'll never have enough time to finish the test.

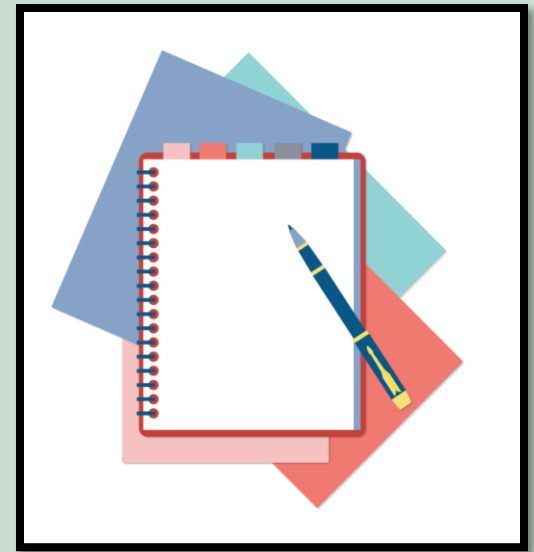


3. I'll pace myself and have plenty of time to finish the test.

TECHNIQUES TO REDUCE TEST ANXIETY

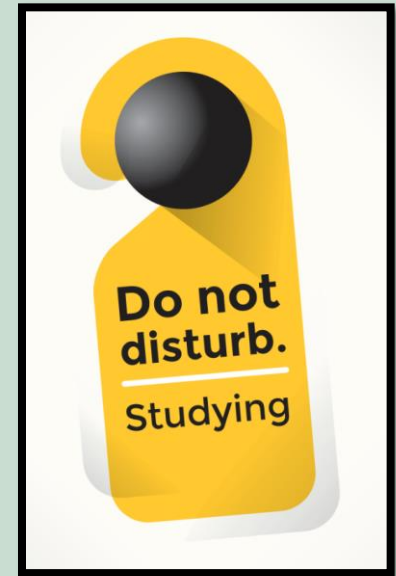
Prepare! Prepare! Prepare!

- Establish a study schedule (in writing!)
 - Put days & times on your calendar
 - Use shorter, more frequent periods
 - Build in extra days at the end
- Set goals
 - Identify your strengths and weaknesses
 - Put goals in writing
 - Use **SMART** goals
 - **S**pecific, **M**easurable, **A**ttainable, **R**ealistic/Relevant, **T**ime-bound



ESTABLISH BOUNDARIES

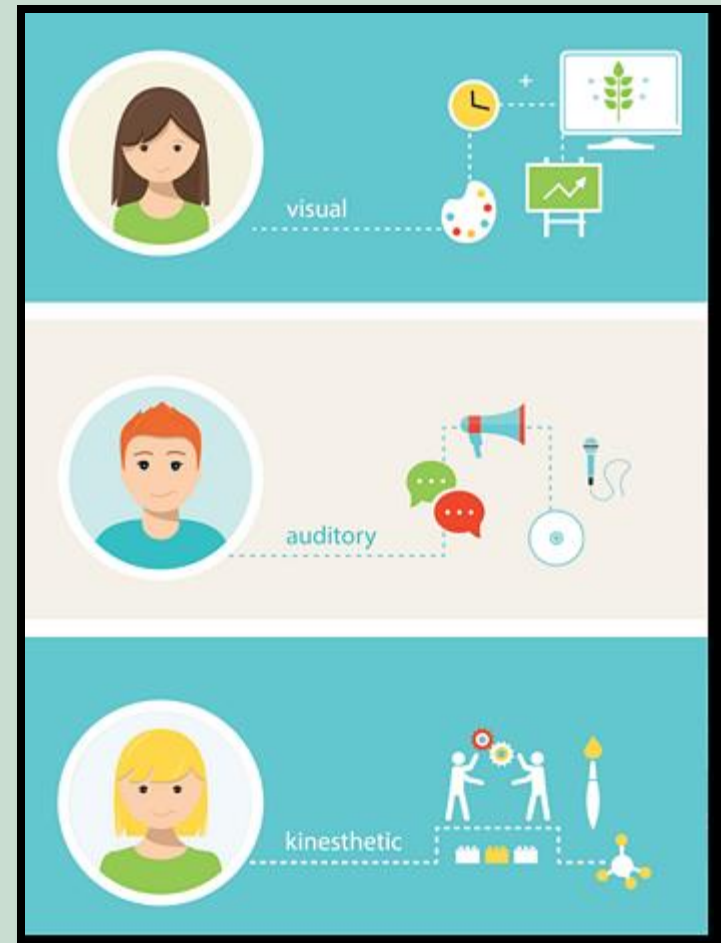
- Have a specific, quiet place to study.
- Make quiet study time a reality.
- Get family members and friends on board to support your goals and respect study time.
- Bring only the study items you need.
- Minimize technological distractions (for example, tablets, smart phones, gaming consoles)



LEARNER TYPES

Also think about what type of learner your child is :

Visual	highlight or diagram material
Verbal	use speech and writing to learn
Auditory	tape record notes, study with a group
Interpersonal	study with a group, use discussion to enhance learning
Intrapersonal	prefer self-study
Kinesthetic	move as you study, associate movement with content as a memory technique



NOTES AND STUDY MATERIALS

The type of learner that you are will determine the kinds of study aides you will use! Some examples are listed below:

- 1. Create study index cards which include information based on the content outline.**
- 2. Write test questions on index cards which contain answers on the back.**
- 3. Use class notes if available, including PowerPoint presentations and outlines.**
- 4. Use the TN Ready Practice book that is available on the TDOE Website**



HEALTHY
FOOD

SNACKING TIPS

Make healthy snack choices while studying

- **choose veggies and fruits**
- **limit caffeine**
- **avoid chips, energy drinks, and foods high in sodium**

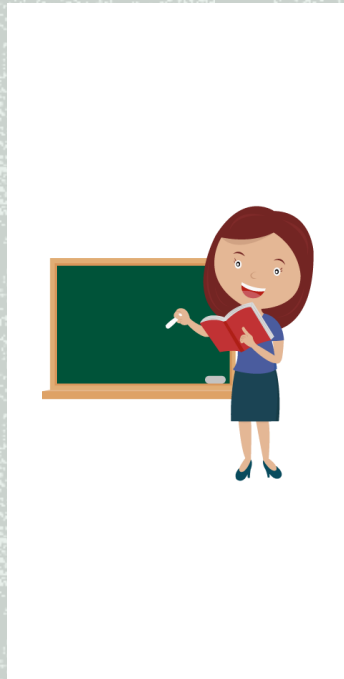
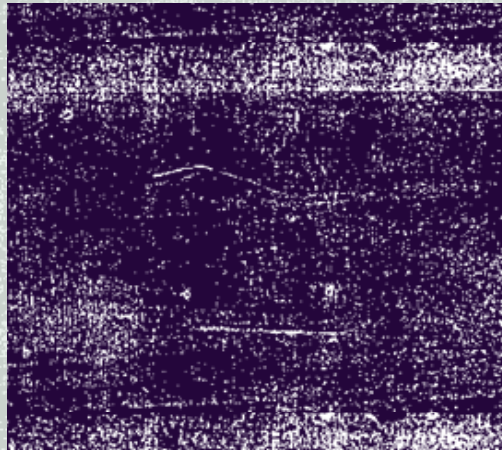
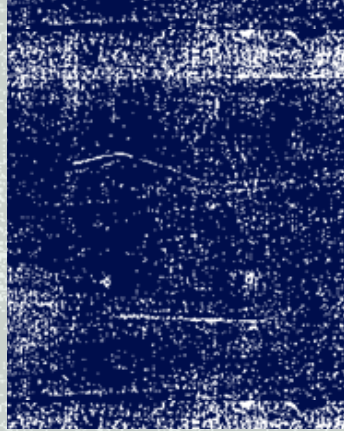


THE DAY OF THE TEST



LET'S DO OUR VERY BEST

**YOU CAN
DO IT!**



PRACTICAL REMINDERS

- **Limit caffeine, avoid energy drinks**
- **Get a good night's sleep**
- **Dress comfortably and in layers**
- **Eat a light, nutritious meal**
- **Arrive early**
- **Have everything you need**
- **Visit the restroom before the test**
- **Think positively!**



MANAGE YOUR TIME

- How much time & how many items —————> Time/Item
 - For multiple choice: 1 minute per item
- Use all the time you are given
- Don't worry if others finish early
- Check your work when you are finished



ANXIETY DURING THE EXAM



- **Use a short version of relaxation activities**
- **Visualize**
- **Take 2 minutes for deep breathing**
- **Stretch muscles**
- **Use positive statements**



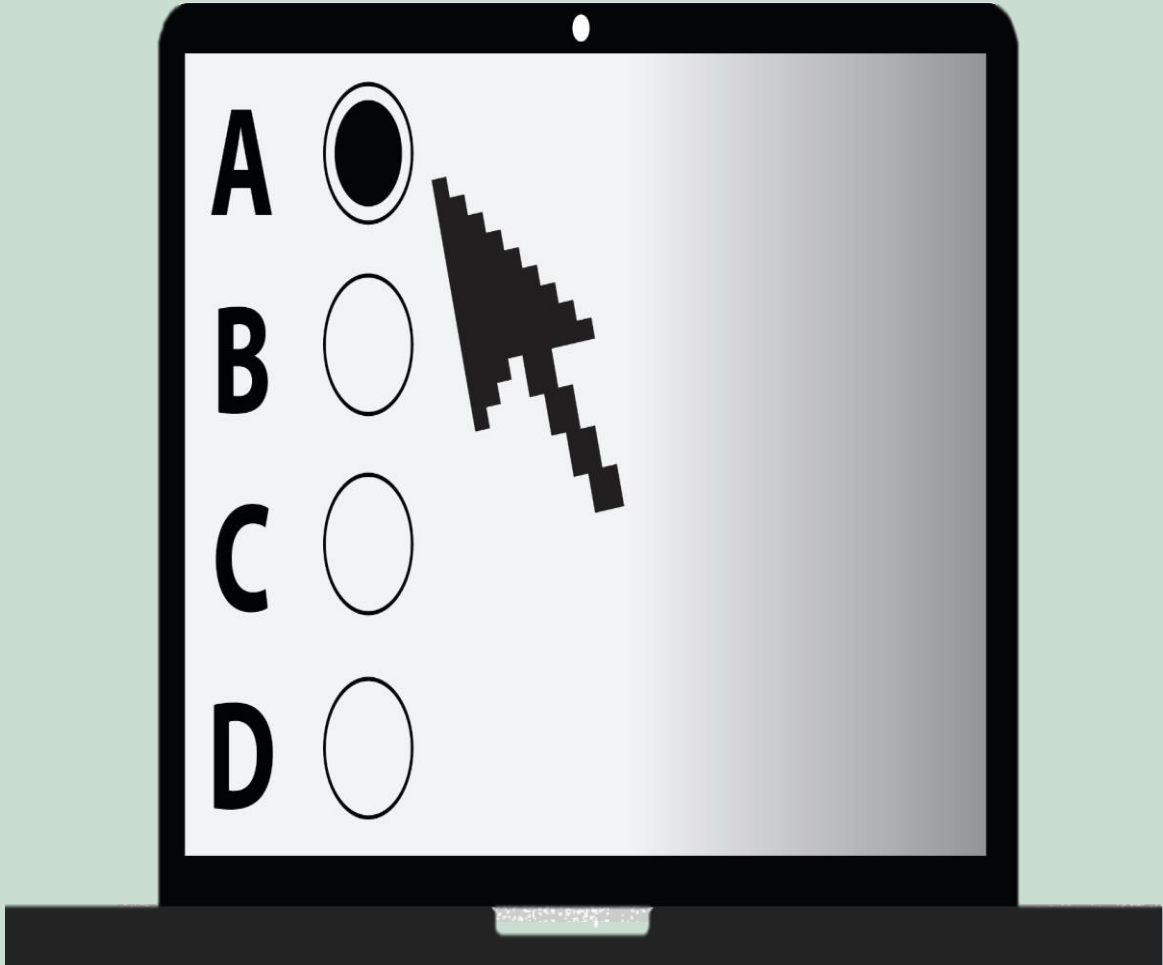
BREAKS DURING THE EXAM



For TNReady Testing:

**Test administrators
have scheduled time
for breaks in between
testing sessions.**



- 
- A ☒
- B ☐
- C ☐
- D ☐

STRATEGIES FOR ANSWERING MULTIPLE CHOICE ITEMS



TERMINOLOGY

OPTIONS = Possible answer choices.

- One is the best or correct answer
- The rest are plausible distractors.

Example:

- A. 6 (*distractor*)
- B. 12 (*correct answer*)
- C. 18 (*distractor*)
- D. 24 (*distractor*)

OTHER TIPS AND TRICKS

If an item has “All of the above” as an option and at least two of the statements are correct, then select “All of the above” as your answer.

Which of the following are dairy products?

- A. cheese
- B. ghee
- C. ice cream
- D. all of the above

OTHER TIPS AND TRICKS CONTINUED

Choose “None of the above” only if you know that each of the other options is incorrect.

Which of the following is a good source of vitamin D for children?

- A. cooked broccoli
- B. fortified milk
- C. hazelnuts
- D. none of the above

OTHER TIPS AND TRICKS CONTINUED

If there is no penalty for an incorrect answer, make an educated guess.

- Eliminate options you know are wrong and guess from the remaining options.



- Submit each option to a mental “true/false” test and select the one that is true.

True? False? True? True? False? True? False? True?



CONCLUSION & SURVEY

PREPARE TO CELEBRATE! YOU DID IT!

