



# Recipe for Test-Taking Success!

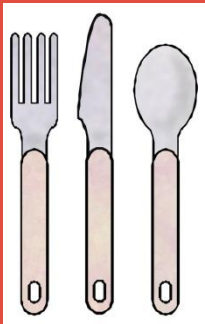


3<sup>rd</sup> Grade  
School Counseling Unit

# What are Test-Taking Skills?

- Ways to help you take a test well
- Strategies that can help you even if you do not know the answer!

So, what is the recipe to take THE BEST test EVER????



# Recipe for Test-Taking Success

1 lb. of Always Try your Best Dough

3 cups of Plenty of Sleep Sauce

10 slices of Positive Thought Pepperoni

1 cup of Eat a Good Breakfast Olives

4 cups of Stay Focused Cheese

1 cup of Double Check Your Work Tomatoes

$\frac{1}{2}$  cup of Keep Calm peppers

$\frac{1}{2}$  cup of Read Carefully Mushrooms

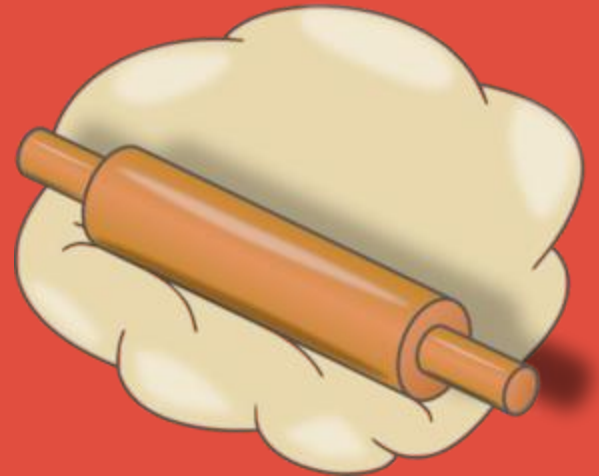


# Food Critics of 3<sup>rd</sup> Grade!

- Today, you will get to be the food critics of my recipe. As we go through each ingredient, I would like you to mark on how well you do each of these. Please mark them on your critique card.

# Always Try Your Best

- You can't get your best score if you do not try your best!



# Get Plenty of Sleep

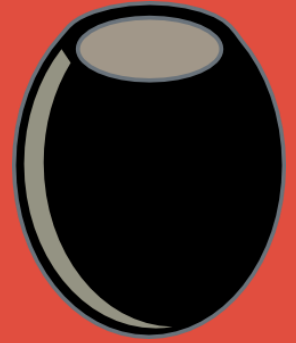
- 9-10 hours of sleep a night for
- 3<sup>rd</sup> graders
- Start by trying to go to bed around the same time
- Watching TV before bed does NOT help!!



# Have Positive Self-Talk or Thoughts

- Give an example of a negative thought
- Positive Thought examples:
  - "I can do this!"
  - "I can do my best, that is all I can do."
  - "I am going to rock this test!"
  - "I am a little nervous, but I know I have learned this stuff."

# Eat a Good Breakfast



- Any breakfast is good breakfast.
- Try to avoid lots of sugar.
- Go for protein!
- If you don't normally eat breakfast, try to eat a snack mid morning or when you get to school.



# Stay Focused



- Take a few deep breaths to
- block out noises around you.
  
- Look, at the test, it **WILL** help! Try to not look around the room.
  
- If you can't answer a question, move on. You can always come back to it!

# Double Check Your Work

- At the end of the test, *ALWAYS* go back through each question and make sure you answered it!
- In writing sections, make sure you followed directions.





# Keep Calm



- Remember, ITS OK TO BE NERVOUS!!!
- Before the test, take a few deep breaths.
- Picture yourself getting a great score on the test!
- Picture yourself doing anything positive!

# Read Carefully



- Make sure you read the
- directions!!
- On the essay part, use your tool bank to help you keep important parts highlighted.
- If you need to, go back and read it! It will never hurt!

# Food Critique Results!!

- How did my recipe measure up?
- What would you add to your pizza recipe?
- What would be the top 4 ingredients you need to put into your pizza?

# Critique Card Name: \_\_\_\_\_

| Ingredient              | I do this skill very well. | I do this skill OK. | I do not do this skill very well. |
|-------------------------|----------------------------|---------------------|-----------------------------------|
| Always do my best.      |                            |                     |                                   |
| Get plenty of sleep.    |                            |                     |                                   |
| Have positive thoughts. |                            |                     |                                   |
| Eat a good breakfast.   |                            |                     |                                   |
| Focus during tests.     |                            |                     |                                   |
| Double Check my work.   |                            |                     |                                   |
| Keep calm.              |                            |                     |                                   |
| Read Carefully          |                            |                     |                                   |