

WHAT'S INCLUDED:

This lesson includes:

- A scripted lesson plan with discussion questions and a whole group activity
- Visual aid
- “Test Taking Strategies” Foldable Page

ASCA Mindsets & Behaviors:

- M.5. Belief in using abilities to their fullest to achieve high-quality results and outcomes
 - B-SMS 6. Ability to identify and overcome barriers
- This lesson covers the CASEL competency of self-management.

Objectives:

- Students will identify...
- Students will learn...

Materials Needed:

- Glue
- Scissors

What's Included:

- P. 4-5: Scripted lesson
- P. 6: Test Taking Strategies
- P. 7: Test Taking Strategies
- P. 8: Foldable Page
- P. 9: Test Taking Strategies
- P. 10: Test Taking Strategies

How To Use:

- The script is on page 4.
- The instructions for the foldable are on page 8.
- The process for the foldable is on page 10.
- The assessment is on page 11.

Book Resources:

- The Story of the Foldable
- The Foldable Book
- The Foldable Book

TEST TAKING TIPS LESSON PLAN

Discussion: Opening & Positive Thinking

- For our lesson today, we're going to talk about taking tests! Don't worry, I won't be giving you a test, we'll just be learning ways to help you feel more calm and confident when you do have tests.
- When you think about taking tests, how do you feel?
- A common feeling that people have when a test is coming up is worry or anxiety. Why do you think we sometimes feel worried about taking tests?
- Today, we're going to talk about two things that can help us feel less worried about testing. The first thing we're going to talk about is the thoughts we have...

TEST TAKING TIPS LESSON PLAN

Discussion: Test Taking Strategies

- Having positive thoughts, and focusing on what is true can help us feel more calm about the test.
- Another thing that can help us feel better is knowing that we have strategies we can use to help us do our best on the test. These strategies will help you feel more confident that you can do a good job and show what you know!
 - Review the strategies on the visual aid from page 6 (Color) or page 7 (BW). After reading each strategy, ask students to share why they think that specific strategy could be helpful.

Activity: Test Taking Strategies Foldable Page

- For our final activity, we're going to make a foldable page that will remind us of the test taking strategies we just learned about. This is something that you can take home, or keep with you so that you can remember these important strategies!
 - Give each student a Foldable topper from page 8 (color) or page 9 (BW) and base sheet from page 10.
 - Students will assemble the foldable page according to the following directions:
 - Cut out the topper and the base sheet.
 - On the topper, cut the lines between the trapezoids, stopping at the dotted line.
 - Put glue in the center hexagon of the base sheet and then place the topper on top of the base sheet. The two sheets should be glue together in the center, but the topper flaps should be able to be lifted up to reveal the base sheet below.
 - Once the foldable is completed, students will cut out the test strategy descriptions at the bottom of page 8 or 9. They will find the icon that matches the description. Then, they will lift up the flap with that icon and glue the description onto the base sheet that is under the flap.
 - If you are using the black and white version, students can color their foldable pages when they are done.

Closing Discussion:

- If you remember to focus on what is true, and to use your test taking strategies, how do you think you will feel about testing?
- Do you think these things will help you do better on the test? Why or why not?

Assessment Of Knowledge:

- Once the lesson is over, ask students to share one example of a positive thought, and one example of a test-taking strategy that they think would be helpful to them.
- You can approach students individually while they are working on their foldable pages, or have students pair up with a partner at the end of the lesson to share their responses.

WHAT STUDENTS WILL LEARN:

Kids will consider how positive thinking can help them feel more confident about testing.

Kids will learn 6 test taking strategies that will help them do their best on the test!

