

# Studying for Tests



## TIPS FOR STUDENTS AND THEIR GROWN UPS FOR PREPARING FOR ISTEP

**You will find many links on the right side of this page regarding tips for preparation for ISTEP for both adults and students.**

**Here are six basic tips:**

- 1. Make sure you are at school every day of ISTEP unless you are ill and make sure you are at school on time!**
- 2. Breakfast is key! Eat a breakfast that includes protein. Proteins include: eggs, peanut butter, meat, cottage cheese, yogurt, nuts, milk, Avoid high sugar items for breakfast, which make blood sugar drop more quickly, which can lead to a feeling of foginess.**
- 3. Sleep! Get plenty of sleep the night before ISTEP and all school days. See the link on the right about how much sleep children really need for optimal productivity in school.**
- 4. If test stress is an issue, see the links of test anxiety on this page and review. You may also request an appointment to talk to Mrs. Middlebrook about test stress.**
- 5. During the test- listen to the instruction and follow directions.**
- 6. Make sure to answer all questions and do not leave any sections blank. If you skip questions you are unsure about, don't forget to go back and complete the questions.**

**If you have questions or concerns, please feel free to talk to your principal, teacher, or call Mrs. Middlebrook at: 654-0424.**

Here are some helpful links.....

Deep Breathing

<https://www.youtube.com/watch?v=WmLmu3PDyx0&safe=active>

Stress Relief Music

<https://www.youtube.com/watch?v=YExLyZKoA0g>

Square Breathing

[http://visuals.autism.net/main.php?g2\\_itemId=138](http://visuals.autism.net/main.php?g2_itemId=138)

Piano Music for Studying and Relaxing

[https://www.youtube.com/watch?v=\\_4fvCrudc6A&safe=active](https://www.youtube.com/watch?v=_4fvCrudc6A&safe=active)

Bubble Riding

<https://www.youtube.com/watch?v=DCirAu07TC8&safe=active>

Test Taking Tips

<http://www.gentle-stress-relief.com/tips-for-test-taking.html>

Breathing Exercises

<http://www.sideroad.com/Yoga/breathing-exercises.html>

Importance of Sleep

<http://www.apples4theteacher.com/holidays/back-to-school/articles/how-much-sleep.html>

Funny Test Taking

[https://www.youtube.com/watch?v=07wxi\\_ARkZY&safe=active](https://www.youtube.com/watch?v=07wxi_ARkZY&safe=active)

10 Minute Strategies

<https://www.youtube.com/watch?v=QJ5KibuCOQQ&safe=active>

Test Day Panic

<http://pbskids.org/itsmylife/school/teststress/article9.html>

Healthy Body and Mind

<http://pbskids.org/itsmylife/school/teststress/article7.html>

10 Terrific Tips

<http://pbskids.org/itsmylife/school/teststress/article10.html>