

Getting Ready for the Test



At Home Tips

Focus: ACT/SAT Preparation

Alvin ISD 2019-2020

Advanced Academics

EXCELLENCE
IS NOT A
SKILL.
IT IS AN
ATTITUDE.

~RALPH MARSTON



At Home Study Plan - ACT

Mondays: Math

Tuesdays: English

Wednesdays: Critical Reading

Thursdays: Science

Friday: Look at questions or areas that troubled you over the week

Weekends: Catch up on missed days



Test Practice Preparation - ACT

- “ACT Practice Booklet”
- Website: ACT Question of the Day <http://www.actstudent.org/testprep/>
 - There’s an app for that
 - Follow them on twitter
- Practice Logical Reasoning Skills:
 - <http://www.testprepreview.com/>

ACT



At Home Study Plan - SAT

Mondays: Math

Tuesdays: English Concepts

Wednesdays: Reading

Thursdays: Writing

Friday: Look at questions or areas that troubled you over the week

Weekends: Catch up on missed days



Test Practice Preparation - SAT

<https://www.khanacademy.org/sat?&affiliateId=aru%7Csat-practice-%28landing-page%29&bannerId=>



Preparation Strategies

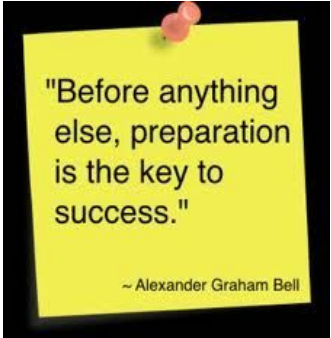


- **Approach the exam with confidence:**
Use whatever strategies you can to personalize success: visualization, logic, talking to yourself, practice, teamwork, journaling, etc.
- View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done
- **Be prepared!**
- Learn your material thoroughly and organize what materials you will need for the test. Use a checklist to organize this information.
- Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation



More Preparation Strategies

- **Allow yourself plenty of time on the test day,** especially to do things you need to do before the test and still get there a little early
- **Avoid thinking you need to cram just before**
- **Strive for a relaxed state of concentration**



"Before anything else, preparation is the key to success."

~ Alexander Graham Bell

Preparation Strategies Continued

- **A program of exercise** is said to sharpen the mind
- **Get a good night's sleep** the night before the exam
- **Don't go to the exam with an empty stomach**
- Fresh fruits and vegetables are often recommended to reduce stress.
- Stressful foods can include processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices
- Avoid high sugar content (candy) before the test as it may cause anxiety



Reducing Anxiety



Use relaxation techniques!

If you find yourself tensing and getting anxious during the test:

Relax; you are in control.

Take slow, deep breaths...

Don't think about the fear!

Pause: think about the next step and keep on task, step by step...

Use positive reinforcement for yourself:

Acknowledge that you have done, and are doing, your best!

Expect *some* anxiety

It's a reminder that you want to do your best and this thought can provide energy!

Just keep it manageable!



REMEMBER:

1. Approach the exam with confidence
2. Be prepared
3. Allow yourself plenty of time
4. Avoid thinking you need to cram just before
5. Strive for a relaxed state of concentration.
6. Develop and practice a program of exercise and preparation
7. Get a good night's sleep the night before
8. Eat a healthy breakfast before your test
9. And MOST IMPORTANTLY



We (Alvin ISD Advanced Academics) are

EXTREMELY PROUD OF YOU!!!