



Four Easy Ways to Boost TEST SCORES

Four tips to help students train for the marathon of high-stakes testing:

1

Utilize relaxation techniques

Big sources of test anxiety are general discomfort and fatigue. Try some breathing exercises. Alternate nostril breathing is shown to make your students feel more awake. Additionally, seated stretching, such as shrugging of the shoulders while shaking the head slowly, can get students' brains oxygenated and calm nerves.

3

Fuel test day with food

Food is fuel, and if your students skip breakfast, hunger can quickly become a major source of distraction on test day. Organize your colleagues and make a concerted effort to provide some healthy, hearty snacks for students on test day (trail mix, granola bars, and fruit are all easy options).

2

Create a culture of positivity

As the popular saying goes, "Whether you think you can or think you can't, you're probably right." Start getting students thinking about what will happen when they meet their testing goals. Perhaps squeeze in a quick writing assignment asking them to picture themselves graduating, going to college, or having a cool job.

4

Use a proven preparation program

As the old saying goes, "practice makes perfect." Make sure that you are giving your students the time for meaningful practice they need to succeed on upcoming high-stakes tests. To help choose the right tool, answer the following: Does it align to your state standards? Are items written to reflect what students will experience on exams?



REVIEW



PRACTICE



ASSESS

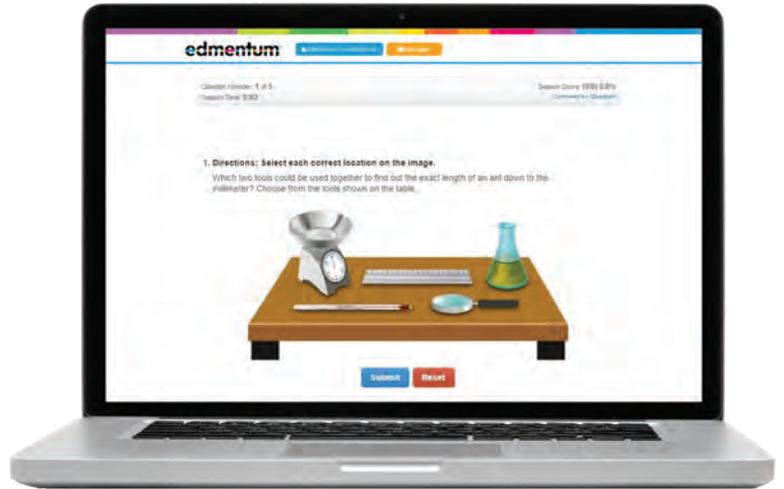


SUCCEED

Prepare students testing with Study Island

Edmentum's Study Island is a customizable K–12 practice and classroom assessment tool that supports test-preparation strategies. Our solution can be used to help students prepare for high-stakes exams with:

- Rigorous, proven content that is built from the ground up to your state standards
- Technology-enhanced item types based on designs employed by next-generation assessments
- Structured independent practice that includes built-in feedback and rewards
- Data-rich analytics that help you quickly identify areas that need additional support

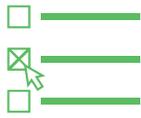


Technology-Enhanced Items

Edmentum's 10,000+ technology-enhanced items have been developed using Webb's depth of knowledge (DOK) guidelines to ensure that each question is written to the appropriate DOK level and that students are exposed to the right level of content.



Hot Text



Multiple Response



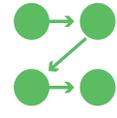
Hot Spot



Fill in the Blank



Constructed Response



Sequence



Graphical Gap Match



Multipart



Cloze



Drawing



Matched Pairs



Multiple Choice



Audio

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