TAMING THE TEST MONSTERS AT BPE !!
Test Monsters are Real?!  

• Taking a test can be scary.  
  – What if I fail? What if I run out of time?  

• Don’t let them win!  
  – If you give up, panic, or rush through your test, the monsters have all of the power.  
  – Take control.  
  – You will be OK.
But How?

• No worries! Your teachers and school counselors are here to help!

• There are some easy tricks to help defeat your test monsters.
  – Even if you feel that you are behind, you can find ways to catch up!
How to Train

• You can start training now!
  – It’s never too late to make a change.
  – Participate! Lower risk than waiting until the test to check your understanding.

• Know your monster!
  – If you know what scares you the most, you will know how to outsmart it.
What’s Your test Monster?
Focus Test Monsters

• **Silly Monster**
  – Like to be entertained
  – Testing feels like reading a dictionary
  “I just want to be done so I can relax and be with my friends!”

• **SQUIRREL! Monster**
  – Very hard to focus, easily distracted
  – Testing feels like running a marathon
  “I can’t stop thinking about other things…hmm, I wonder what’s for lunch?”
Mood Test Monsters

• Mad Monster
  – Angry and irritable
  – Testing feels like petting a porcupine
    “I can’t believe they are making me do this! This is such a waste of my time.”

• Sad Monster
  – Low energy
  – Testing feels like being in trouble
    “I just want to go home.”
Speed Test Monsters

• “I’m So Smart” Monster
  – Want to finish first to look smart
  – Testing feels like acting in a play
  “If I finish first, I will look like one of the smartest kids in class.”

• “Take My Time” Monster
  – Not wanting to make a mistake
  – Testing feels like jumping over a pool of alligators
  “Good. I answered all of the questions. Oh wait, let me check again.”
Tame the Test Monsters!

• You can do it!
  – Here are some ideas that you can try...
Take a Break

• **Breaks are important**
  – Attention is usually your age + 2
  – We remember the 1\textsuperscript{st} thing we learn and the last thing we learn the best, so more breaks = more information that we can remember

• **Good Study Habits**
  – Waiting until the last minute to study won’t work very well. It takes time to build memory.
Memory Challenge

• Keep your eyes open!
• See how many of these objects that you can remember.

Number your paper from 1-12
Write Down what you can remember
Ready to try again?
Also Help Your Memory By...

• Studying in an accent or funny voice.

• Singing what you are trying to remember

• Dressing comfortably
  – If you’re too cold or too hot, you won’t be able to think about anything else.
  – Try wearing layers!
Also Help Your Memory By...

• Looking up and to the left to remember notes.

• Using “headphones”
  – Plug your ears to take away distractions.
  – It can help you remember your teacher’s voice and a lesson you learned.
Also Help Your Memory By...

• Massaging above your eyebrow
  – Also stretching your calf muscle or massaging your shoulders

• Peppermint, cinnamon, and lemon
  – These tastes and smells are great for memory!
  – Peppermint also helps keep you alert and focused.
The Night Before

• Get enough sleep!
  – A tired brain is a foggy brain.
  – Tests are tiring. If you don’t have enough sleep, it’s like you’re climbing a mountain after running 20 miles.

• Having a hard time falling asleep? Try these tips:
  – Listen to relaxing music.
  – Turn off the TV and computer at least 1 hr. before bed.
  – Meditate.
  – Don’t eat right before bed.
Crunching and Munching

• You are what you eat.
  – Sugar gives you bursts of energy, but then you crash. You end up feeling more tired than you did before eating the sugar.
  – Sugar turns your brain into a “messy room.”

• What to avoid:
  – Sugary cereal
  – Sweets
  – Soda
When the Test is Over...

You can eat your cake. It’s OK
Attitude

• How you feel and how you act DOES make a difference!
Emotion Zones

High +

Low +

High -

Low -
Guess the Emotion Zones
Which 2 are the best for a test?
Take the Challenge

• The Test Monsters can be...
  – Scary
  – Annoying
  – Depressing

• You are strong enough to win!
  – Use what you learned today.
Your Turn to Roar

• Do your best and you will shine!
• Use what your teachers taught you!
• Believe in yourself! It helps you do better on any type of test.
• You don’t need luck. This is not the LOTTO!
Give it your all!

You rock!