

# STRATEGIES

- x Breakfast
- x Sleep
- x Aware of testing location
- x Charged Chromebook
  - x Bring charger to school
- x Pep talk
  - x Best effort
  - x Personal goal
  - x Practice for future tests
    - x Trial of testing strategies
    - x Build stamina



# STRATEGIES- CONTINUED

- x Breathing
  - x At least 8-10 breaths
- x Take extra time on 1st few questions
- x Positive Self-talk
- x Attention
  - x Read aloud to self
- x Can't study but can
  - x Review math facts
  - x Khan Mappers
  - x IXL

