



Middle School Mania

K. M. S. News
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It's That Time of Year Again!

STAAR testing is back and we are feeling good about this year's tests. This school year had its share of distractions, from the massive flooding to the unusually large snow fall, but we have continued to work on our goals. We aim to be a technology driven campus that provides students with the skills to be successful members of our community. With all of this in mind, here are some tips for students taking the

STAAR test or any standardized test. These tips can also prove to be helpful in college courses as well. Tip 1) Don't try and "cram" the night before. It is best to learn a little bit of information each day in order to build a solid foundation of knowledge. 2) Get plenty of rest before and after tests. It is never good to take a test when you are exhausted. Professionals recommend at least 8 hours of quality sleep the night before a big exam. 3) Eat before you test. It is never good to take a test on an empty stomach, but it is also important not to over eat before a test either. 4) Take your time on a test. If you have a set time limit for testing, use any extra time as needed. It is always recommended to completely read each question and every answer choice. 5) After reading every answer choice, go with your first answer response based off

subject knowledge. Don't second guess yourself, be confident in your work. You can end up wasting a lot of time going back and forth with one question. 6) Read it before you submit it! All too often we get to the last question and never look back. A good final tip is to look back over your completed test to verify every question has been marked / answered. Leaving a question blank will decrease your overall score, but marking the right answer will always increase it. Remember to go with the answer choice that you feel best matches the question. 7) When you are finally done, please relax and give yourself a few minutes to clear your mind.

Following these 7 simple steps can help reduce stress and increase scores!