



Standardized Test Success

Standardized tests can be called many different names but essentially are all the same thing, a test that is administered and scored in a consistent, or "standard", manner. Why do we have them? It helps schools assess and rank students. It also helps to evaluate the curriculum, making sure everyone is learning what they should.

Still, it is a test and that can mean stress. Here are some do's and don'ts to help you succeed and perform your best!

DO make sure you complete your homework assignments and class projects. Tests reflect your overall achievement, so the more effort you put into learning, the more likely you will do well on tests.

DON'T judge yourself on the basis of one test score. Test scores are not perfect measures of what you can achieve, and a variety of factors can influence a score. Simple terms: It isn't the end of the world if you aren't ranked the highest.

DO, however, use your test results to see your academic progress. Note your strong points and work on areas you might have struggled in. This will help you prepare for the next one.

DO read at home. Reading books, whether online or from a library, will introduce you to new words that might appear on a test.

DON'T skimp on sleep or skip breakfast. Make sure that you are well rested and eat a well-balanced breakfast on school days — especially the day of a test. A well-rested, healthy body leads to a healthy, active mind.