

PSAT and ASPIRE TESTING TEST TAKING TIPS

Village Tech students have an opportunity to participate in ACT: ASPIRE and PSAT testing the second week of October. Both of these exams allow us to assess student progress via a norm-referenced criteria. This means that we will be able to accumulate data that will allow us to nationally compare the annual growth of our students.

The ACT ASPIRE

- a norm referenced exam that compares students nationally
- one indicator of college/career readiness • offers age appropriate standards to track college entry exam readiness

The PSAT/NMSQT (or National Merit Scholarship Qualifying Test)

- a preliminary version of the SAT.
- prepares students to take the SAT or ACT
- a great score on the PSAT can also open the door to National Merit Scholarships and other awards.

What your son/daughter can expect on test day:

Both exams have timed components because they are modeled after the ACT and the SAT exams. Testing will occur from 9:00-Noon. Please encourage your son/daughter to do his/her very best but remind them that they should not be stressed. This is their time to shine by being their best. There is no pass/fail.

Grades	ACT ASPIRE: Math/English	ACT:ASPIRE Reading	ACT ASPIRE: Science/Writing	PSAT
3,4,5,6,7, & 8	10/10 <i>Grade 6 and above may bring calculator from home if they wish to use it on Aspire Math</i>	10/11	10/12	
9				10/11
10	10/10	10/11	10/12	2/21/2017

Also, note the following:

1. Due to testing there will be no X-CLASSES on Wednesday, 10/11/2017 Please avoid appointments for the students during these testing days. Please reschedule appointments if possible for students in those testing grades.
2. To minimize noise and accommodate for lunchtime changes due to testing, there will be a modified lunch schedule.
3. NO ELECTRONIC DEVICES (INCLUDING PHONES) WILL BE ALLOWED IN THE TESTING ROOMS. Please keep them at home for these days of testing. The office will be the point of contact for students and teachers.
4. Village Tech will operate a closed campus on testing days. Therefore, no visitors will be allowed in classrooms or the cafeteria areas.

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- Get enough sleep the night before the test. Your memory recall will be much better if you've had enough rest. In a scientific study, people who got enough sleep before taking a math test did better than those who stayed up all night studying.
- Listen closely to any instructions. As the teacher hands out the test, be sure you know what's expected of you.
- Read the test through first. Once you have the test paper in front of you, read over the entire test, checking out how long it is and all the parts that you are expected to complete. This will allow you to estimate how much time you have for each section and ask the teacher any questions. If something seems unclear before you start, don't panic: ask.
- Focus on addressing each question individually. As you take the test, if you don't know an answer, don't obsess over it. Instead, answer the best way you can or skip over the question and come back to it after you've answered other questions.
- Relax. If you're so nervous that you blank out, you might need a mini-break. Of course you can't get up and move around in the middle of a test, but you can wiggle your fingers and toes, take four or five deep breaths, or picture yourself on a beach or some other calm place. As we all know, it can be easy to forget things we know well — like a locker combination. The difference is we know we'll remember our locker combination because we've used it hundreds of times, so we don't panic and the combination number eventually comes back. During a test, if you blank out on something and start to get tense, it suddenly becomes much more difficult to remember.
- Finished already? Although most teachers will let you hand a test in early, it's usually a good idea to spend any extra time checking over your work. You also can add details that you may not have thought you'd have time for. On the other hand, if you have 5 minutes until the bell rings and you're still writing, wind up whatever you're working on without panicking. http://kidshealth.org/teen/school_jobs/school/testing_tips.html