



Guidance Newsletter

Bailey Middle School

April 2019

Preparing for the STAAR Test

Before the Test

Get a good night's sleep.

In the morning, make sure you have 2 pencils and an interesting book to read.

Dress for success – comfy but also nice. Dressing nice can help you feel more awake and ready for the day.

Eat a healthy breakfast and pack a nutritious lunch. Fruits, vegetables, whole grains, and proteins like eggs and chicken are healthy. Avoid sugar and caffeine.

Eating a mint before a test may help you stay more alert.

During the Test

- Answer the questions you know first. Star or circle questions you don't know. Then at the end of the test, go back and work through the questions you circled or starred.
- Circle key words in the directions – details and clues that can be used to find the answer. Underline the main question.
- On multiple choice questions, read the answers first then read the question two times. Cross off any answer choices that are obviously wrong to eliminate them – look for “trick” answers.
- Try to answer questions the way you think your teacher would answer.
- Use previous or related questions to help answer the question you are working on. Also use the formula chart for math and science.
- Write down what you know (a list of facts) and what you are trying to find out. Can you find any connections?
- Before turning in your test, review it and look for any mistakes – especially on writing tests (proofread).

What if I get stressed out...?

*Take a break. Ask to use the restroom and get a drink of water.

*Do some “Test Taps”: Close your eyes (or look down). Breathe in deeply and tap all 4 fingers to your thumb, then breathe out and tap all 4 fingers to thumb in the opposite direction. Repeat this several times. Focus on relaxing your legs, then torso, then arms, then face. You can say to yourself, “I Got This!” or “No rush” or “I will just do my best.”



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