

TAKING THE STRESS OUT OF MCAS.....not an easy task, perhaps impossible. There are some strategies and steps you can take to help prepare students. Most should take place in the weeks before the tests are given as well as the night before the test. It is important that students:

- Go to bed at a reasonable time every night, not just the night before the tests to build up and maintain energy levels
- Eat breakfast in the morning
- Have healthy snacks to bring to school that provide energy
- Drink lots of water

On the day of the test:

- Students should bring water to school to have during the test
- They should wear comfortable clothes
- Bring a book to read when they have finished the test
- Remember no electronic devices can be accessed during tests

Parents may also remind students of these test taking suggestions – even use them while doing homework

- ❖ Listen and/or read directions carefully
- ❖ Read questions and reading selections; then reread them, underlining, highlighting or marking key words and special instructions
- ❖ If a question (also called a prompt) is long, split it into parts; you might even number different parts
- ❖ Move on to the next question when you get stuck
- ❖ Return to the question you did not answer. Look for the clues in the question itself or in questions on the test. Some questions help trigger ideas that help answer others