

Students: Test-Taking Tips to do Your Best on SOL Assessments

PREPARATION AND PRACTICE

- The key to doing well on SOL and other tests is being prepared to take the test coupled with practice in test format.
- Preparation means that you study and learn the district's curriculum, which includes the SOL items. Work hard in class. Do your homework. Do your best in school every day. Study regularly and learn the material well.
- Use strategies that help you learn information. (Remember, you don't have to have your teacher show you how to learn everything - there's much you can learn on your own.) Use flash cards. Make up memory games to help you remember words. Study with a friend or a study group. Make graphic organizers of information you are studying.
- Every time your teacher gives you a test in class, practice good test-taking techniques. (Listed Below)

TIPS WHILE TESTING

- Relax! Your brain needs to be in a relaxed state to do its best work. Remind yourself that you CAN do a good job on the test.
- Listen carefully to all instructions.
- Ask questions when you do not understand the directions.
- Read all of the directions carefully.
- Do your best on sample test items.
- When the test begins, use your scratch paper to write down anything you think you might forget- formulas, multiplication tables, important dates.

TIPS FOR MULTIPLE CHOICE SOL TESTS

- Answer what you know first! Go through the test and answer all of the questions you know. (Remember that the SOL test is NOT timed, so take your time to think about the answers.) Read the question. Think of the answer before you look at the choices. Look to see if

your answer matches any of the choices. If you don't know the answer, try to eliminate those you're pretty sure are wrong - and then make your choice from what's left. Finally, make a check mark or a bullet next to any questions you can't answer - so you will remember to come back to them.

- Next, go through the test to work on the questions you haven't yet answered. If the question seems difficult for you, try crossing out the answers that you're pretty sure are wrong. Try to think out the correct answer.
- Every question matters! If you're sure you don't know the answer, make a guess. Every question matters on the SOL test and there is no penalty for guessing. Remember, your test score will be based on how many questions you get right. So, at least give the question a try!
- Trust your first hunch. When you answer a question, go with the first hunch- don't change your answer unless you're absolutely sure you're right!
- Carefully review your response sheet/online answer summary page to make sure that you've answered every question.