

## Session 6 – Test-taking Skills

### Goals

- To help students to understand why testing is important.
- To introduce students to test-taking skills in preparation for all standardized tests.
- To help students learn how to prepare for testing and following directions.

### Materials

Activity 1  
Activity 2  
Activity 3  
Worksheet 1  
Worksheet 2  
Worksheet 3

### Procedure

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today's lesson.

### Script

“Good morning. Today's topic, “Test-taking Skills” is a broad topic. Why do you think testing is important? (Answer: Testing is important because it provides scores that will show your teacher how to help you to do better in school.) Students are encouraged to do their very best on any test they take.”

“Prepare for all tests in a very organized way. Know what to do BEFORE the test, DURING the test, and AFTER the test. (Distribute Worksheet 1 – “Before the test, During the test, After the test.” Please read the tips aloud and allow discussion.)

“How many of you are good at following directions? The activity that I am passing out is a simple exercise on following directions.” (Activity 1 – “Follow Directions”) “As soon as you get your paper, you may begin. Be sure to read your directions. You will have five minutes to complete this activity.”

At the end of the five minutes, tell the students to, stop. “I observed you while you were doing this exercise. Refer back to Worksheet 1. Look at the section – During the Test.” (Call upon someone to read #1 aloud. Mentor will stress the word ALL in the statement. Stress the importance of following directions. Ask group members the following questions and have them respond. “What did you learn about following directions? How will this help you the next time you take a test? (Explain to the students what would happen if you did not follow directions on your job?)

Closing the mentor session:

“Our time is almost up. Who would like to summarize our session today? Are there any questions before we go? I have really enjoyed meeting each of you. Thank you for allowing me to spend time with you today and I look forward to our next meeting.”

“I should see you again on \_\_\_\_\_ . Have a good day and a good week.”

## Session 6 - Test-taking Skills

### Activity 1: Follow Directions

Ask students: How good are you at following directions? Find out by doing this simple exercise.

### Activity 2: Help!

Tell students: Read the situations below. Look for causes and solutions in each situation. Write down what you feel the cause of each situation might be. Then write down a solution you feel might make the situation better. Use Worksheet 1 to help you complete this form.

### Activity 3: Relaxation Scripts

Read the relaxation scripts to the class. Discuss which script the students found the most relaxing.

### Activity 4: Create a Flyer

Allow the students to work in groups of 3 or 4. Use Worksheet 1, Worksheet 2 and Worksheet 3 to create a flyer to help strengthen your test-taking skills. Be sure to add any additional strategies that the group comes up with. Each group should share their flyer with the rest of the class.

### Activity 5: Virginia Hero

**Despina "Debbie" Matenopoulos (born December 13, 1974 in Richmond, Virginia)** is an American television personality and actress. Matenopoulos was born in Richmond, Virginia, of Greek ancestry. Her birth name is Despina Matenopoulos, named after her grandmother. Despina was later americanized to Debbie. She attended Virginia Commonwealth University for one year before transferring to the Journalism Department at New York University. While at NYU she also worked at MTV as an intern. She quickly moved up the ranks, soon becoming story coordinator for "UnFiltered".

In 1997 after a chance meeting with Barbara Walters, Matenopoulos became a co-host on Walters' new talk show, "The View". She was parodied on Saturday Night Live and then invited on as a guest. In 1999, she was abruptly fired from the show and replaced by Lisa Ling. In 1999, she joined the TV Guide Channel. Debbie has played Lisa Swayzak in the 2000 film Endsville, and starred in the claymation show Celebrity Deathmatch, as herself. On July 5, 2003, Matenopoulos married Jay Faires, the president of Music at Lions Gate Entertainment and founder of Mammoth Records.

In August 2004, Good Day Live brought in Matenopoulos to co-host the nationally syndicated program. In January 2006, Matenopoulos joined E!'s coverage of the Golden Globe Awards. In April 2006, she became one of the three hosts on E!'s weeknight celebrity gossip and pop culture series, "The Daily 10". In July of 2006, over seven years after her last appearance on The View, Debbie was invited back as a special guest co-host for a day. Matenopoulos has also been a frequent contributor to VH1 specials, including, "I Love the 90s" and "I Love Toys".

[www.wikipedia.com](http://www.wikipedia.com)

### **Activity 6: Stress Relief**

#### **Puzzled**

Wake up your brain! Nothing is as distracting (in a good way) as trying to solve a complex and word or number problem. You can buy a book of them, or find them in newspapers and magazines. Keep a thousand-piece jigsaw puzzle around as an ongoing relaxation project. Puzzles of all kinds are absorbing, distracting, relaxing, and entertaining.

### **Activity 7: Virginia Facts**

There were 8 US presidents born in Virginia. Those presidents were George Washington, Thomas Jefferson, James Madison, James Monroe, William Harrison, John Tyler, Zachary Taylor, and Woodrow Wilson.