

COUNSELOR'S CONNECTION



**APRIL/MAY
EDITION**

As we prepare to take the NJSLA over the next few weeks, we wanted to share some tips to best prepare for the tests and to make sure you give it your all during the tests! We want to wish everyone good luck during NJSLA!

Before the Test:

- Be sure to get a good night's sleep!
- Eat a good breakfast so you are not hungry!
- Practice Positive Self-Talk! Be your own mascot and cheer yourself on!
- Practice ways to destress and take a few deep breaths!
- Think Positive! Think about all of the things you have learned this year, don't worry about the things you may get wrong!

During the Test:

- Read all directions carefully.
- Read through each question carefully.
 - Be sure you know what you are being asked to look for or do!
 - Highlight key words in the questions!
- Look at all the choices before you answer.
 - Flag/Bookmark questions that you may be confused on to go back to later!
 - Eliminate answers you know are wrong.
- Be sure you have answered all the questions.
- Check your work.

**DONUT
STRESS**
Just Do Your Best