

MIDDLE SCHOOL TESTING SUCCESS: TOP TIPS!

1. CREATE A STUDY SCHEDULE

Break it down into manageable chunks.



2. AVOID CRAMMING

Study a little each day.



3. UNDERSTAND TEST FORMAT

Multiple choice, essay? Know the structure.



4. USE PROCESS OF ELIMINATION

Cross out the wrong answers first.



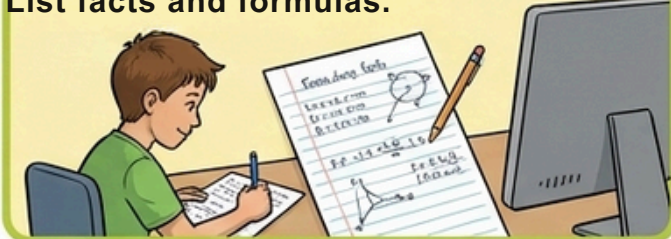
5. PACE YOURSELF

Keep an eye on the time.



6. USE SCRATCH PAPER

List facts and formulas.



7. REVIEW YOUR WORK

Check for mistakes before submitting.



8. ACTIVE STUDY

Flashcards, practice tests, quizzes.



9. STAY ORGANIZED

Gather materials the night before.



YOU GOT THIS! Prepare well and try your best.

IEP/504 TESTING ACCOMMODATIONS

What Students Need To Know...



**BREAKS DURING
AUDIO FORMATS**

**SMALL GROUP/QUIET
ENVIRONMENTS**

EXTENDED TIME

READER TO READ

**PREFERENTIAL
SEATING**

**ALTERNATIVE
RESPONSE FORMATS**

USING YOUR ACCOMMODATIONS CONFIDENTLY

- Accommodations are outlined in the IEP/504 Plan
- Know what supports you are entitled to
- Know how to request supports/accommodations
- Accommodations are designed to give equal access and to show what you know
- Speak up and ask questions to ensure your SUCCESS!

BOOST YOUR STUDENT'S FOCUS WITH INNER EXPLORER!

Testing season can be stressful, but your child's school has a way to approach this: Inner Explorer. This program uses short transitions, sound, or 5–10 minute daily mindfulness practices to help students "reset" their brains, moving from stress to focus.

You can support your student at home by downloading the Inner Explorer HOME app. Practicing together for just a few minutes a day helps your child stay calm, manage "test jitters," and perform their best.



Breathe.Relax.Thrive

