

# Test-Taking Tips for High School Students

## Active Reading:

Preview the questions before reading the passage.



## Maximize Momentum:

Start with what you know to get into a flow.



## Master Time Management:

Keep track of the time.



## Practice Full-Length Test:

Simulate conditions



## Reframe Stress:

Use adrenaline to focus.



## Read Passages Carefully:

Highlight key points.



## Watch for Tricky Questions:

Read every word.



## Big Picture:

One test doesn't define you.



## Sleep & Nutrition:

Rest and eat well.

# 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*

