

## **SBAC Testing**

Do you have some questions about the state testing? If so, go to the following link for Frequently Asked Questions (FAQs).

FAQs- <http://www.caaspp.org/faqs/all-faqs.html>

Do you feel you need some more practice? If so, go to the following link for practice questions.

Practice - <http://www.caaspp.org/ta-resources/practice-training.html>

### **Test Preparation Strategies**

- *Eat before a test. Having food in your stomach will give you energy and help you focus but avoid heavy foods which can make you groggy.*
- *Don't try to pull an all-nighter. Get at least 6 hours of sleep before the test (normally 8 hours of sleep a night is recommended but if you are short on time, get at least 6 hours so that you'll be well rested enough to focus during the test).*
- *Put the main ideas/information/formulas onto a sheet that can be quickly reviewed many times, this makes it easier to retain the key concepts that will be on the test.*
- *Try to show up at least 5 minutes before the test will start.*
- *Set your alarm and have a backup alarm set as well.*
- *Go to the bathroom before walking into the exam room. You don't want to waste any time worrying about your bodily needs during the test.*

### **Test Taking Strategies**

- *Be prepared. ...*
- *Always arrive early and take a moment to relax. ...*
- *Listen attentively to last minute instructions given by the instructor. ...*
- *Read the test directions very carefully and watch for details. ...*
- *Plan how you will use the allotted time. ...*
- *Look for cues. ...*
- *Answer all the questions.*