

It's not too early to begin thinking about CST Testing, which will be May 4-14.

Top Ten Test Taking Tips from your Technology Teacher:

- Practice relaxation such as breathing or closing eyes to concentrate.
- Listen carefully to all of the directions.
- Practice time management during the test. Skip problems you can't solve in a reasonable amount of time.
- Eliminate answers you know are wrong. Watch for answer distracters (obviously wrong answers). In some cases, you must go with the "best answer" since there sometimes is not a "perfect answer."
- Mark bubbles completely and stay in the lines.
- Avoid pencils that are too sharp or pressing too hard. The mark will bleed through the opposite side of the answer document. If it is aligned with a bubble, the scanner will pick up the wrong mark.
- Practice working alone.
- Organize your desk. Practice using a test, answer document, and scratch paper. Practice transferring answers from scratch paper to answer documents.
- Get a good night's sleep, and eat a good breakfast (low sugar!) before and healthy snacks during the testing period. (And every other day as well!)
- **Stop watching TV and playing video games 1 week before testing. Recent brain research from Stanford suggests that a 1-week break from television media will allow the brain to rest, and the result is that it is easier to focus on tests!**

There are also some great online resources you can use to help prepare your child for the assessment.

General information on CST testing can be found at:

<http://www.cde.ca.gov/ta/tg/sr/resources.asp>

Released test items from previous years can be found at:

<http://www.cde.ca.gov/ta/tg/sr/css05rtq.asp>

Use the released test items as a guide to familiarize your child with the wording on the test. Remember these are sample questions that may or may not be on the actual test.

For more curriculum support, please view the following sites:

Houghton Mifflin – Math <http://www.eduplace.com/kids/mhm/>

Houghton Mifflin – Language Arts <http://www.eduplace.com/kids/hmr/>