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WHAT IS THIS BOOKLET SUPPOSED TO DO?

- Assist you to help you succeed in passing the high school equivalency test.
- You will be taught or reminded of strategies that WILL work to pass a test.
- You will learn interesting facts that most people do not know about.

ARE YOU AFRAID TO ASK A QUESTION FOR FEELING STUPID?

THERE ARE NO STUPID QUESTIONS!

...Only the ones that are never asked!
GOALS:

- Learn some test taking strategies that will help you pass tests!
- Know how to use the magic box for your own benefit!
- Have fun and learn!
FEAR...

- False
- Expectations
- Appearing
- Real

WHAT WE RETAIN...

- 10% of what we hear
- 15% of what we see
- 20% of what we see and hear
- 60% of what we do
- 80% if what is done actively with reflection
- 90% of what we teach others

What kind of ways do you learn and remember best?

_________________________________________________________________________

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_________________________________________________________________________
WORDS OFTEN USED TO DESCRIBE THE WORD TEST...

- **Four letter words**: Ouch, Easy, Fail, Pass, Calm, Time
- **Other words associated with “TEST”**: Anxiety, Nervous, Study, Stress, Challenging, Frustration

What words come to your mind when you hear the word test? (There are no wrong answers.) 10 words = A prize!

1. ______________ 2. ______________ 3. ______________
4. ______________ 5. ______________ 6. ______________
7. ______________ 8. ______________ 9. ______________
10. ______________

ADOPTING A POSITIVE ATTITUDE...

I WILL PASS!

- **Approach** the test with the attitude that **YOU WILL** pass!
- Don't wreck your **ability** to study with negative thinking. (No Stinkin' Thinkin')
- **Focus** your time and **energy** into a goal of passing the test.

What is your goal?

________________________________________________________________________
ADAPTING A POSITIVE ATTITUDE CONTINUED...

THE EXAM IS **GOOD**

*(NOTICE THIS IS A 4 LETTER WORD TOO)*

- Look at the test in a positive light!
- Feel confident that you can meet the challenge and succeed.
- By passing the test, you can move on and create new goals (for employment, higher education, and a sense of pride and accomplishment).

What are your plans after completing your high school equivalency diploma?

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

WHAT ARE WAYS TO STAY PERSISTENT?

- Increase your enthusiasm!
- Reduce your anxiety.
- Set yourself up to succeed!
GENERAL STRATEGIES & INTERESTING FACTS...

GET TO KNOW THE TEST

- What is the test?
- What do I have to do to pass?
- Who am I in relation to the test?
- What are the sections?
- What is my timing/pacing?
- Have I taken a practice test?
- What did I get wrong and how can I do better next time?
- What do I already know?

MAGIC BOX

Contains tools that assist you with multiple intelligences:

- **Color Transparencies**- For those who have difficulty decoding written words and symbols.
- **Clear Transparencies**- Protects the test booklet while being able to mark while reading.
- **Dry-erase markers**- Used to mark on transparencies.
- **Highlighters**- Used on clear transparencies to highlight while reading.
- **Sticky notes**- Used to mark pages.
- **Stress balls**- Used to calm nerves and help improve focus.
- **Magnifiers**- Used for visual needs.
- **Ear plugs**- Used as an aid for concentration.
- **Straightedge**- Used for spatial orientation.
# General Strategies & Interesting Facts Continued...

## Test-Taking Tips

- Practice breathing, visualize succeeding.
- Eat a piece of fruit before the test to keep your blood sugar levels even.
- Get a good night’s sleep the night before.
- Wear comfortable clothing.
- Do not rely on over-stimulants like caffeine.
- Arrive on time.
- Read the exam instructions carefully.
- Read the questions carefully.
SOME MAGIC BOX CONTENTS...
WHO WE ARE

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