

# Meads Mill Counseling Minute

*April-May, 2019*

*Meads Mill counselors are working to support our students, parents, and staff....*

## Tips for taking Standardized Tests

During the months of April and May our students will be taking the **M-STEP** tests. (Michigan Student Test of Educational Progress) Eighth graders will also take the PSAT 8 in April. These tests are an opportunity for students to show what they know! Some tips to help students perform their best on these tests include:

- Come to school on time and well-rested. Be sure to get a good night's sleep!
- Eat a healthy breakfast before arriving to school on the morning of the test. This is important fuel for the body and the brain! It will improve a student's focus when taking the test.
- Leave cell phones turned off and in the student locker. They can be an unnecessary distraction.
- Pay attention to the directions for each test. You do not want to do poorly because you didn't hear or understand the directions.
- Do not rush through the test to finish quickly. The M-STEP tests are not timed, so students should take the time they need to do their best.

**NWEA Tests** will be given to all 6<sup>th</sup> and 7<sup>th</sup> grade students in his/her ELA and Math classes during the 4<sup>th</sup> quarter. Classroom teachers are scheduling the dates for these tests.



## Upcoming Dates to Remember:

**April 9:** 8<sup>th</sup> Grade PSAT

**April 16:** 8<sup>th</sup> Grade  
M-STEP Testing

**April 19:** NO SCHOOL

**April 30 & May 1:** 7<sup>th</sup>  
Grade M-STEP Testing

**May 7-8:** 6<sup>th</sup> Grade  
M-STEP Testing

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