

The Night Before

The following are tips for students and parents to do the days leading up to the North Dakota State Assessment (NDSA). These tips come from various sources.

1. Be sure to **get a good night's sleep and a nutritious breakfast** before test taking.
 - a. Get plenty of rest the night before the test so that you don't feel wiped out before the test has started.
 - b. Eat a balanced meal the morning of the test so that you feel comfortable, not having a grumbling stomach.
 - c. Bring a snack or drink to the test if you are allowed so that you can get a refreshing, energizing break.
2. Discuss with students multiple-choice test taking strategies. Experts encourage students to answer all the questions that they are sure of and to put a small mark by those that give them trouble. Then if students have time, they can go back to the questions that they have marked.
3. Be sure students are familiar with the directions and the test format.
 - a. The mathematics tests include story problems solved by applying:
 - shape space, and measurement
 - number sense
 - chance and data handling
 - b. The West Fargo School District's web site contains test-taking practice "quizzes." These quizzes use the North Dakota Standards from which the NDSA is written. The questions are only intended to show what kinds of ideas are contained within each Standard. If a student is having difficulty with questions on the quizzes, they should discuss those questions with their math teacher.

Other sources remind students that while the NDSA is an important test, they remind students that they control what happens on the test. The experts remind students to use this opportunity to show what knowledge and skills students already have, as well as an indicator of those areas in which they still need to grow. Other suggestions that students should be reminded of before taking the test are as follows:

- Relax, pause from time to time, stay calm, and maintain focus.
- Always read each question carefully, identify key words and values; know what you are looking for.
- Look at the answers choices; avoid any that are clearly wrong.
- Use your resources, including your calculator, ruler, formula sheet, scratch paper, and so forth; it's okay to write on the test booklet.
- Use tactics like make a list, draw a picture, guess and check, work backward on problems that are difficult.
- Do your best, but guess if necessary; there is no penalty for guessing on the NDSA.
- Go back and look at the problem. Ask yourself, "What am I looking for here?"
- Look over or check your answers when you have finished the test.