



## **ENTRY TASK**

Listen to your teacher's favorite study song and write your thoughts about it on a sticky note. Stick it to the white board before the song is over!

## **LEARNING TARGET**

Begin preparing for the upcoming SBAs

## **AGENDA / PLANNER**

In your planner, write the upcoming tests on the correct dates (next slide provides dates)

## **MATERIALS NEEDED**

Computer, notebook/paper, something to write with



# SBA / WCAS Testing Dates

THURSDAY

**MAY 4<sup>th</sup>**

**SBA - ELA  
CAT**

FRIDAY

**MAY 5<sup>th</sup>**

**SBA - ELA  
PT**

MONDAY

**MAY 8<sup>th</sup>**

**SBA - MATH  
CAT**

TUESDAY

**MAY 9<sup>th</sup>**

**SBA - MATH  
PT**

THURSDAY

*\*8<sup>th</sup> grade only\**

**MAY 11<sup>th</sup>**

**WCAS -  
SCIENCE**

# WHAT ARE YOUR CURRENT STUDY HABITS?



By the end of this song, write down as many positive study habits as you can think of. Share your list with a partner. How many in common did you have? How many different?



# MYTHS ABOUT THE SBA: TRUE OR FALSE

 Your SBA scores affect your class grades

**FALSE**

Your SBA score will in no way impact your class grades – so don't stress as much! It's important that you do your best

 If you receive a low score on the SBA or WASAS, you have to repeat your current grade/class

**FALSE**

Regardless of your test scores, it will not impact your future classes or grade level

 Your test scores can only HELP you

**TRUE!**

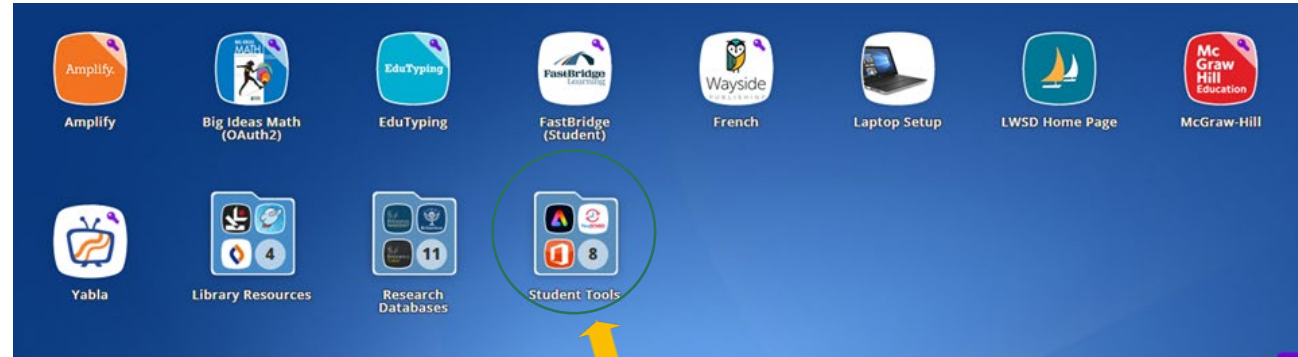
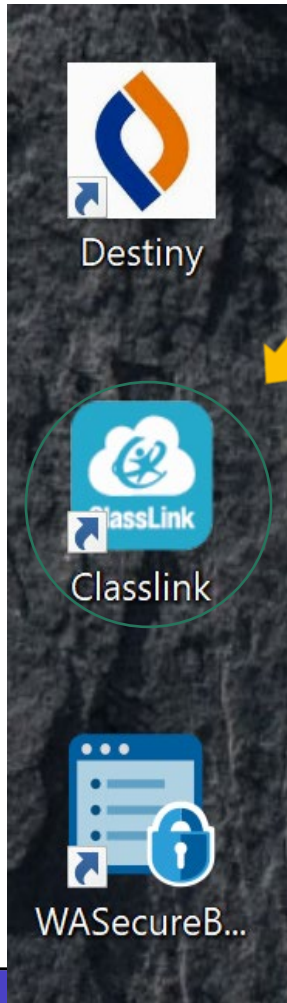
Your test scores help the school and your teachers ensure we are doing what we can to support student learning and growth

# WHAT TYPE OF LEARNER ARE YOU?

1. Log in to Xello (instructions on how on following slide)
2. Click on home and under "About Me" click on the link to the *Learning Style* quiz, then click "View Full Results"
3. Review your learning style and the studying tips provided for each style
4. Write down 2-3 additional studying tips that align with your learning style

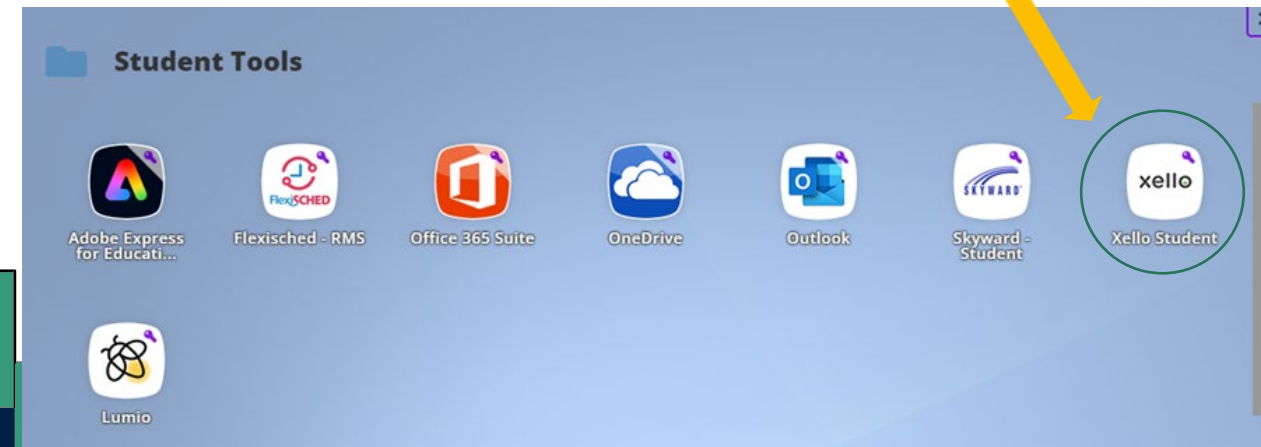
# Steps for logging into Xello:

1. Access Xello using Classlink



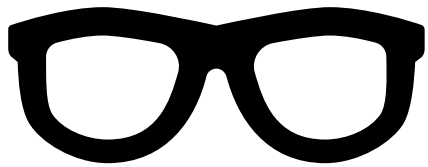
2. Click into the "Student Tools" folder

3. Then select "Xello Student"



# WHAT TYPE OF LEARNER ARE YOU?

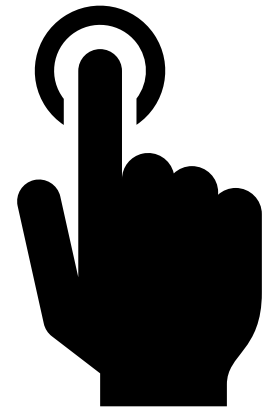
Share out your additional studying ideas with the class for each learning style, write down any you think would benefit you!



VISUAL



AUDITORY



TACTILE





**CLASS DISCUSSION: WHAT ARE SOME COMMON PRE-TEST STRESSORS (aka, what causes test stress?)**





**Write down 3-5 ideas on how you can practice self-care AND prepare for the SBAs?  
Share out your ideas with the class**

# SELF CARE + PREPARE IDEAS

- Get enough sleep
- Give yourself enough time to study, don't wait until the night before
- Maintain healthy eating and drinking habits to maximize brain power
- Set time aside to relax and do something you enjoy – take breaks during study sessions!
- Study with friends/classmates that help keep you focused and on task

# FOR THE REMAINDER OF CLASS

You've been given the gift of time! Check Skyward for missing assignments and make sure you're still on top of 4<sup>th</sup> quarter. If you have any assignments you can work on, get them done now so they're taken care of before testing!

If you have no assignments, please do a class appropriate activity (read, write, draw, etc.)