Ask before the first test

1. Do you have a learning disability, IEP, 504, ADHD, dyslexia, problems focusing, or get accommodations of the test? If so, which? 2. Are you normally a bad test taker, bad standardized test taker, or have test anxiety? 3. List all past tests and scores 4. Are you normally slow at tests/standardized tests?

5. Do you prefer SAT or ACT?

Ask before every test (include these on the first test too!)

1. Do you get a 1.5 accommodation? (if click this then change website timing of test to)

2. When are you scheduled to take the test?

3. What score are you hoping to get?

Logan, we need to have something on the report that shows if the student printed the test or not. (on report says 'Printed test? Y/N')

Print this test before you begin. Having the printed test in front of you is very important for your test preparation. Click 'Print' if you can print the test (opens the PDF and say 'Print pages 14-55. You can print double-sided.') If you absolutely cannot print this test now or at another time, then click 'I can't print' (opens the PDF and says 'Use this test starting at page 14 and type your answers on this webpage.')

Before the test

"You have 45 minutes to complete this test. Have your test, read the directions, input your answers **on your compute**r, and begin."

5 minutes before time is up

"You have 5 minutes remaining on the test."

When time is up and student hasn't pressed done

"Your time is up. If you completed the test, then press the 'Done' button now. If you did not complete the test, then press 'I'm not done', continue the test, and press the button 'Done' when you have completed. It is important to complete the test in the time you need so we can prepare your time management"

Before Math section



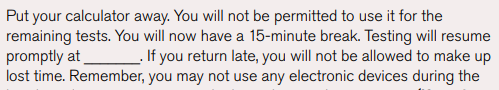
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After Math section



break.

Before Reading section



5 minutes before time is up

"You have 5 minutes remaining on the test."

When time is up and student hasn't pressed done

"Your time is up. If you completed the test, then press the 'Done' button now. If you did not complete the test, then press 'I'm not done', continue the test, and press the button 'Done' when you have completed. It is important to complete the test in the time you need so we can prepare your time management"

Before Science section



5 minutes before time is up

"You have 5 minutes remaining on the test."

When time is up and student hasn't pressed done

"Your time is up. If you completed the test, then press the 'Done' button now. If you did not complete the test, then press 'I'm not done', continue the test, and press the button 'Done' when you have completed. It is important to complete the test in the time you need so we can prepare your time management"

After test

Answer these few questions **carefully** and then we will provide you your score sheet!

1. How did you feel you did on the test? Predict the score you think you got (18-36)

2. Were you anxious or feel rushed?

3. Were you able to focus?

4. Did you take too long on certain questions?

5. Did you feel sick or did anything that could affect your score happen?

6. If you did poorly on this test, why do you think that would be?

7. Was there a lot of material on the test you didn't recognize?

8. Did tutoring help prepare you for the material on this test?

9. What strategies did you use for each section? What helped? What didn't?

10. Did you take this test in a quiet environment without distractions? Was your environment like the real test environment?

11. What did you have most problems with on the test?

12. Any other comments?

Before giving score sheet

"Here is your score sheet. It will be emailed to the email you provided and to CogniTutor"

Then show tips at the end of the last assessment

Show these tips at the end of the last assessment:



 We suggest you take the real test at least 2 times (SAT and ACT) after tutoring

a.       Don’t cram the night before

b.      Plan something exciting to do after the test to look forward to!

c.       Don't get stuck so skip questions or go to end to just get started if you have to

d.      Don't pay attention to other people. Maybe sit in the front if that's where there will be fewer distractions

e.      Watch clock, but don't obsess over it

f.        Have a consistent test routine: sleep at the same time a few days before the test, eat the same amount and foods the way you practiced, use the same calculator, get to the test early and know where you are going beforehand

g.       You can take many more tests to get a better score so don't worry about this one!! We recommend students take at least 2 tests after tutoring (of ACT and SAT)! You will improve 🙂

h.      Visualize doing well on test day: wake up, get breakfast, snack, calculator, ticket, drive to test site, sit down take test, watch clock, take break, finish feeling good and leave.

i.         Don't talk to other students before test. They might make you nervous

j.        Expect curveballs on the test. Skip questions if you don't know them

k.       Practice using relaxation techniques during practice tests and on the real test:

                                                               i.      Close your eyes.

                                                             ii.      Breathe in slowly to the count of seven and exhale to the count of seven.

                                                            iii.      Continue this slow breathing until you actually feel your body begin to relax. (Most people find that it takes 2 to 4 sequences.)

                                                           iv.      Open your eyes and give yourself a positive, very specific self-talk (i.e., "You're sure to do well. You studied hard. You’re doing the best you can. You succeeded at...") This whole procedure should take only about a minute and it's well worth the time.

Test 1 [https://docs.google.com/viewer?url=https://s3.amazonaws.com/learnspeedpdfs/8ssDhJmcUTxo1hgZ.pdf](https://docs.google.com/viewer?url=https://s3.amazonaws.com/learnspeedpdfs/8ssDhJmcUTxo1hgZ.pdf" \t "_blank)

Test 2 <https://docs.google.com/viewer?url=https://s3.amazonaws.com/learnspeedpdfs/4NK8ZWNpuAJV0IJf.pdf>

Test 3 <https://docs.google.com/viewer?url=https://s3.amazonaws.com/learnspeedpdfs/JkZ7paVVjuPBWOUU.pdf>

Test 1 is pages 14-55 and test 2 and 3 are 12-51