

## Night Before / Morning Of



- ✓ Pack supplies
- ✓ Light review only

### Morning of:

Balanced breakfast (protein + whole grains + fruit)

- ✓ Positive self-talk: “I’m ready and prepared.”
- ✓ Arrive early & stay calm

## During the Test

- ✓ Read directions carefully
- ✓ Do easy questions first
- ✓ Eliminate wrong answers
  - ✓ Show math work
- ✓ Don’t leave blanks—guess!

🧘 Breathe: In 4 / Hold 4 / Out 4 / Hold 4

Mindset Reminders

- ★ “Effort matters more than perfection.”
- ★ “One question at a time.”

Testing can feel stressful—for students and parents.

These quick strategies help your child stay focused, manage anxiety, and do their best.

### Our focus :



Healthy study habits



Positive mindset



Test-day confidence



## Healthy Routines

- 🕒 20–30 min review, 3–4 days a week
- 🥗 Eat fruits, veggies, protein, & hydrate
- 🚶 Exercise 30 min daily for focus & memory
- 💤 Sleep 8 hours before test days

## Communication & Support

- Ask teachers for practice materials or test format
- Contact counselors about accommodations (quiet space, extra time)
- Reach out if anxiety or scores drop

## Why Tests Matter

Tests show:

- ✓ Academic progress & growth areas
  - ✓ Skills like focus & time management
- ✗ Not a full picture of your child’s worth

Family Goal: Encourage effort, not perfection.

## Managing Anxiety

families can:

- remind child that nerves mean they care
  - practice short breathing or stretch breaks
  - celebrate effort > score
- positive phrases:
- “Do your best; you don’t have to be perfect.”
  - “One question at a time.”



## Does Music Help?

- Helps: instrumental or lo-fi boosts mood & focus
- Hurts: lyrics distract during reading/writing

🎧 Try both and see which works best for your student.

## Online Study Tools

- Quizlet.com – Flashcards & games
- StudyBlue.com – Shared notes
- [KhanAcademy.org](https://www.khanacademy.org) – Free ACT prep
- CommonLit.org – Reading practice
- NoRedInk.com – Grammar & writing



## Local ACT Prep (Milwaukee Area)

- UWM Mini-Courses ACT Prep: Saturdays, practice tests ([uwm.edu](https://uwm.edu))
- Wisconsin Test Prep: 7-session class ([wisconsintestprep.com](https://wisconsintestprep.com))
- TestMasters Milwaukee: Group sessions ([testmasters.com](https://testmasters.com))
- WITakes ACT Prep: Small groups, Mequon ([witakes.com](https://witakes.com))
- Galin Education: Group / 1-on-1 ([galined.com](https://galined.com))
- WCTC ACT Prep: 4-week course ([wctc.edu](https://wctc.edu))



## Test-Taking Strategies: How Families Can Help

A Mainstream  
Development  
Educational Group  
Presentation

## Practical tips to help your student stay calm, confident, and prepared.

### Upcoming Testing Dates

 July 17 Fall ACT / Pre-ACT – Oct 24

 July 17 Spring ACT – Mar 25

 July 17 Spring Pre-ACT – Apr 13

 July 17 Finals (Sem 1) – Dec 17–19

 July 17 Finals (Sem 2) – May 20–22

Questions?

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