

Top Tips for Dealing with SATs and Tests



How Can Tests Make People Feel?

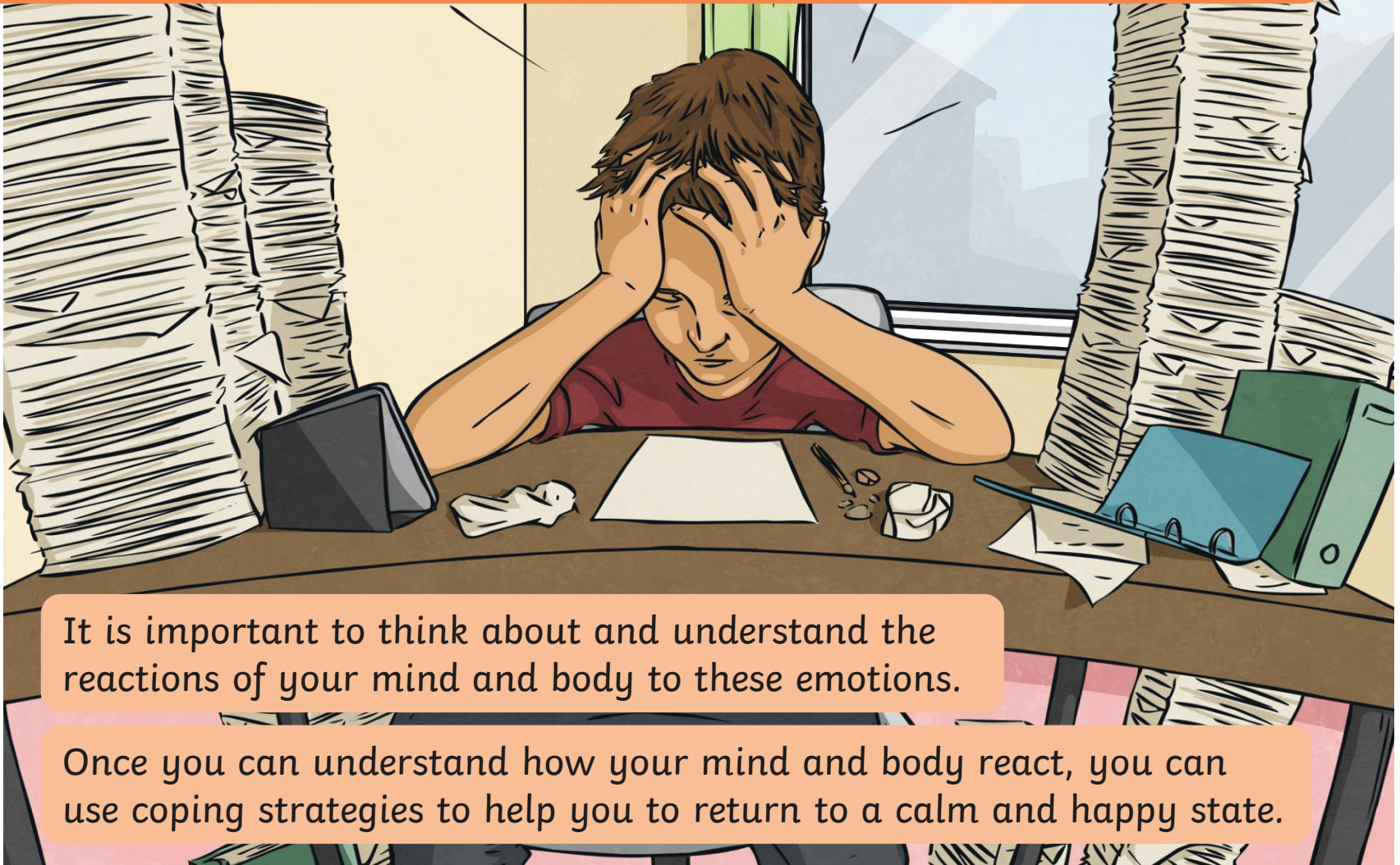
Spelling Test

- 1) definite
- 2) stationary
- 3) Wednesday

Tests such as SATs can leave people feeling worried and stressed. Often, people are worried that they might not get the results they want and they may be worried about what others think.

Tests can cause people to feel difficult emotions more than usual which can affect how their mind and body feel.

How Can Tests Make People Feel?



It is important to think about and understand the reactions of your mind and body to these emotions.

Once you can understand how your mind and body react, you can use coping strategies to help you to return to a calm and happy state.

Listening to Your Mind



When we are dealing with a situation that is unusual or stressful, it is important to pay close attention to how you are feeling. You might find you react differently when you feel worried.

Take a few moments to think about how your mind is reacting to the situation.

Listening to Your Mind

Find somewhere quiet and think about the following questions:

Does my mind feel worried
and not ready to learn?

Does my mind
feel stressed?

Does my mind feel calm?

Does my mind feel muddled
and confused?

Does my mind feel clear
and ready to learn?



Listening to Your Body

Our bodies will also react differently to tests. How you are feeling will cause a physical reaction.

Take some time in a quiet place to ask yourself:

What is happening inside
my body?

Does my body feel tired
and drained?

Does my body feel calm
and relaxed?

Does my body feel
uncomfortable anywhere?

Does my body
feel energised?

Are there any changes in my body such as stomach ache/headache, an increase in heart rate, shaking hands, feeling tired or overwhelmed?



Returning to a Calm Mind and Body

Once we have spent time listening and paying attention to our mind and bodies, it is important to try and return to a calm feeling.



A great way to do this is by looking after ourselves. By showing ourselves self-care, we can help our mind and body feel calm and happy again.

When we are calm and happy, we are in the best mindset to learn.

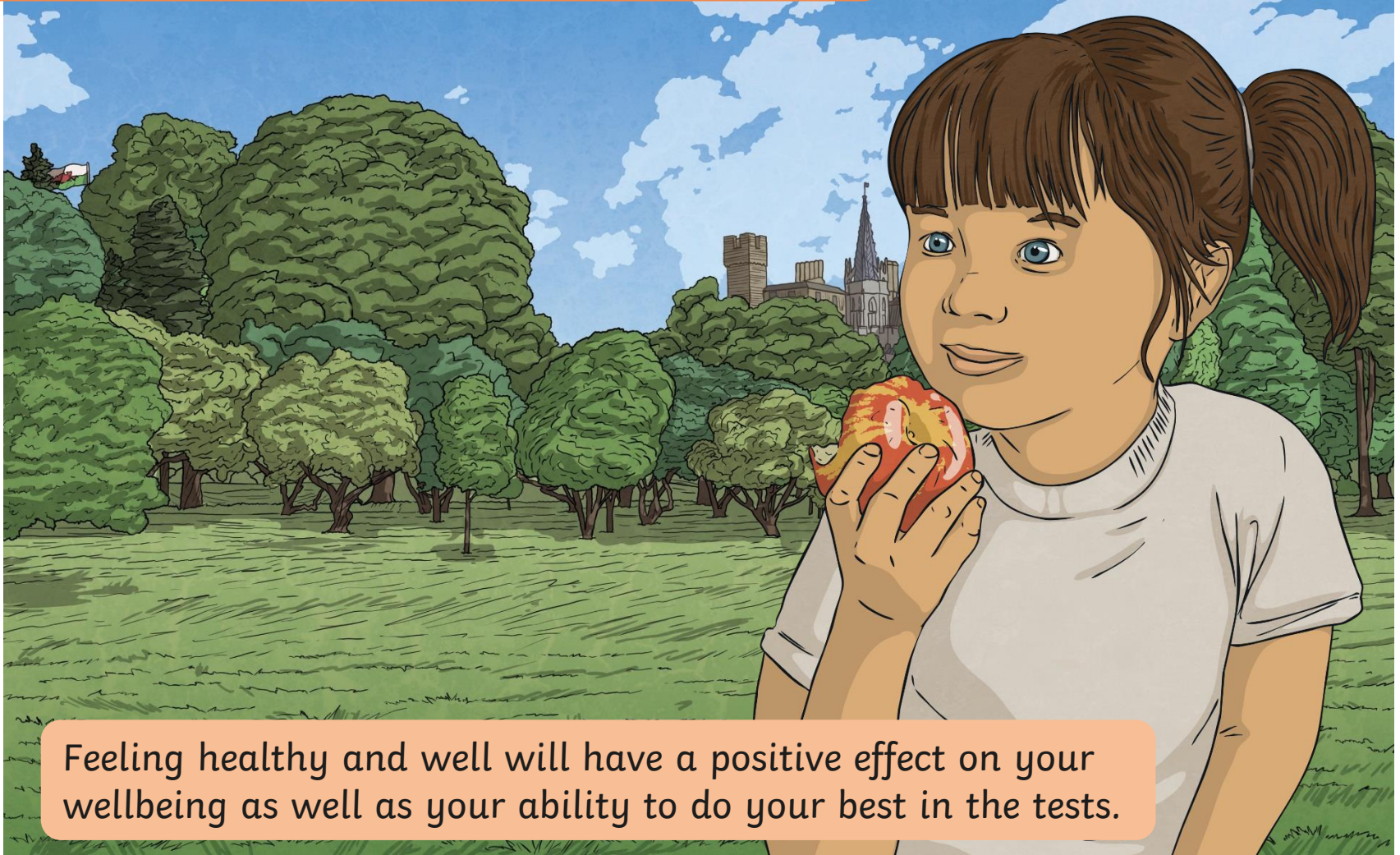
Looking after Yourself

Sometimes, when we are feeling stressed, we can be tempted to forget about all the things we need to do to stay fit and healthy. However, we need to do the opposite of this.

Remember to eat well, stay hydrated and get a good night's sleep.



Looking after Yourself



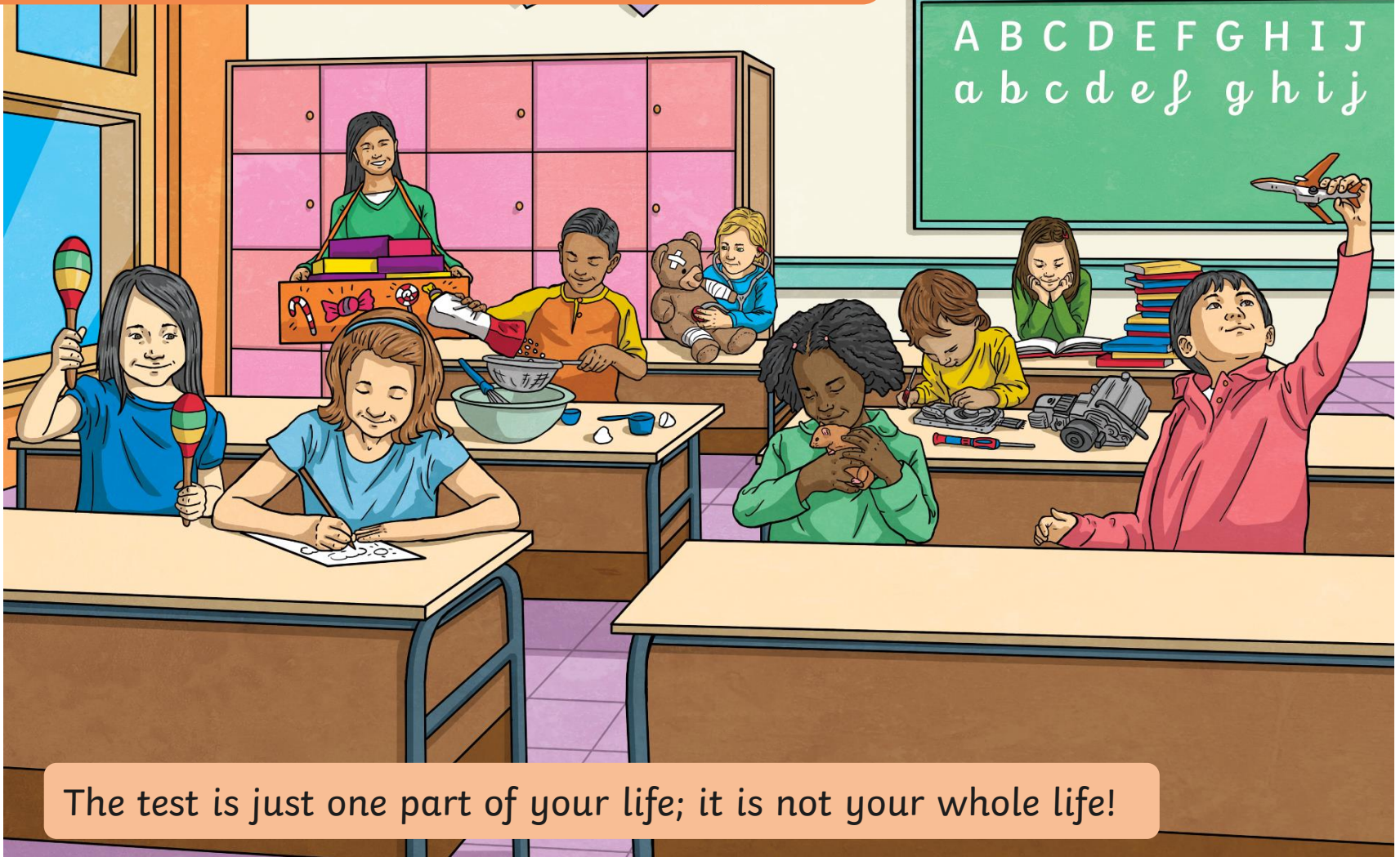
Feeling healthy and well will have a positive effect on your wellbeing as well as your ability to do your best in the tests.

Looking after Yourself



Keep perspective. Sometimes, we can become so concentrated on tests that we forget to think about the bigger picture.

Looking after Yourself



The test is just one part of your life; it is not your whole life!

Looking after Yourself

Spend some with your family, friends and carry on with your hobbies.



Looking after Yourself

Take time to think about your non-academic skills, qualities and talents. Praise yourself for all of these amazing skills and qualities.



Looking after Yourself



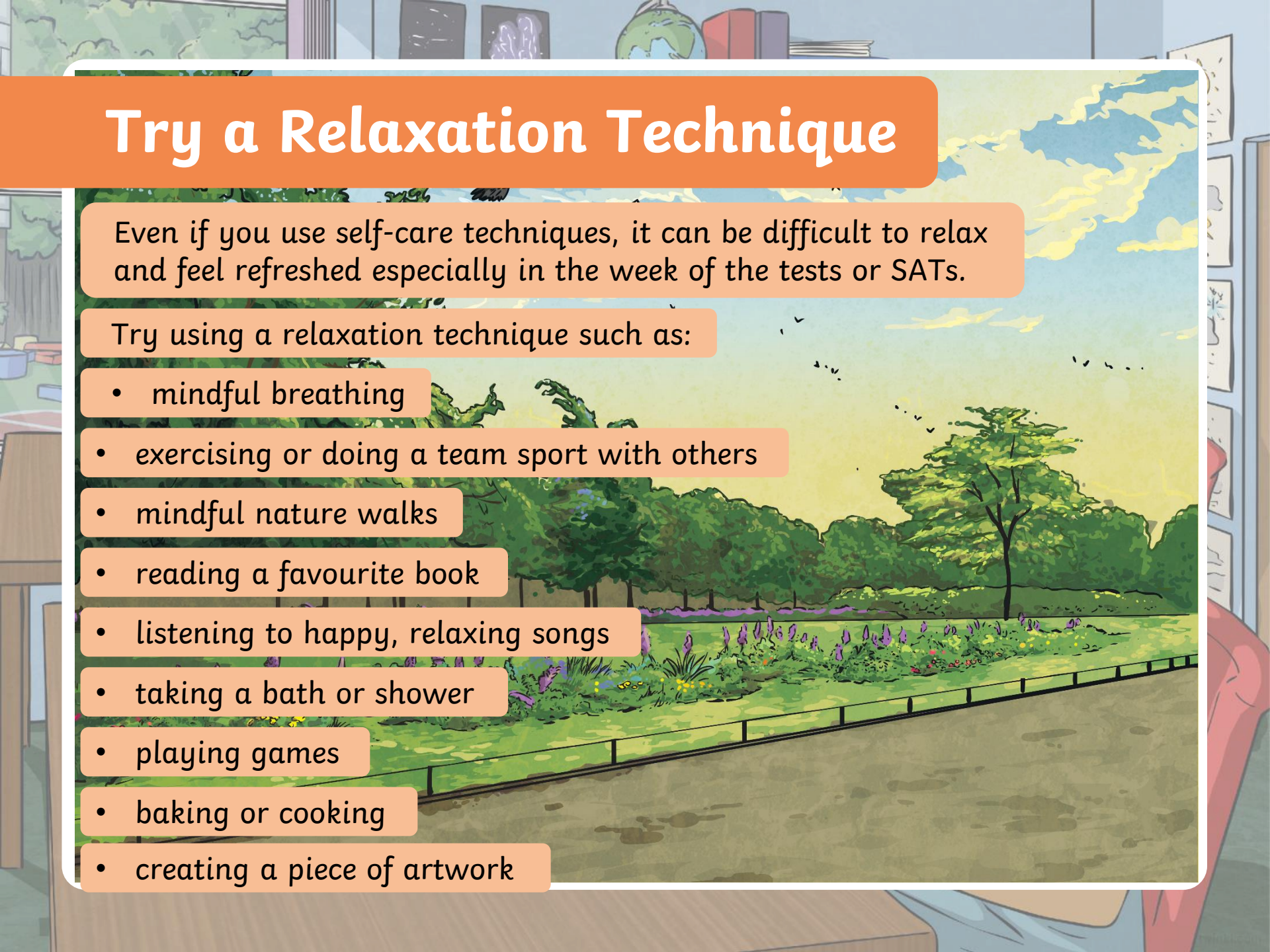
Plan ahead and think about what you will do when the tests are complete. Plan a reward or activity that you can look forward to, to help you stay motivated and enthused about your tests.

Try a Relaxation Technique

Even if you use self-care techniques, it can be difficult to relax and feel refreshed especially in the week of the tests or SATs.

Try using a relaxation technique such as:

- mindful breathing
- exercising or doing a team sport with others
- mindful nature walks
- reading a favourite book
- listening to happy, relaxing songs
- taking a bath or shower
- playing games
- baking or cooking
- creating a piece of artwork

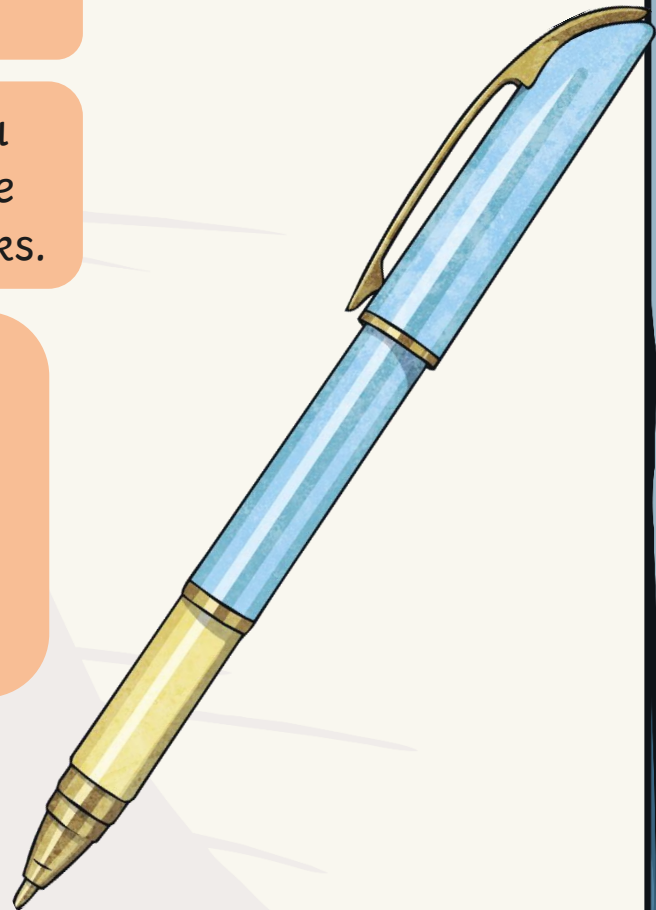


Be Prepared

When you are getting ready for a test, it is important to feel as prepared as possible.

Try using a revision timetable so that you can make a plan of what needs to be done and space it out over several days or weeks.

Remember to make time in the timetable for other activities. Keep doing the things that you enjoy. They are just as important as your revision because they can help you to sleep better, feel better and be more alert and ready to learn.



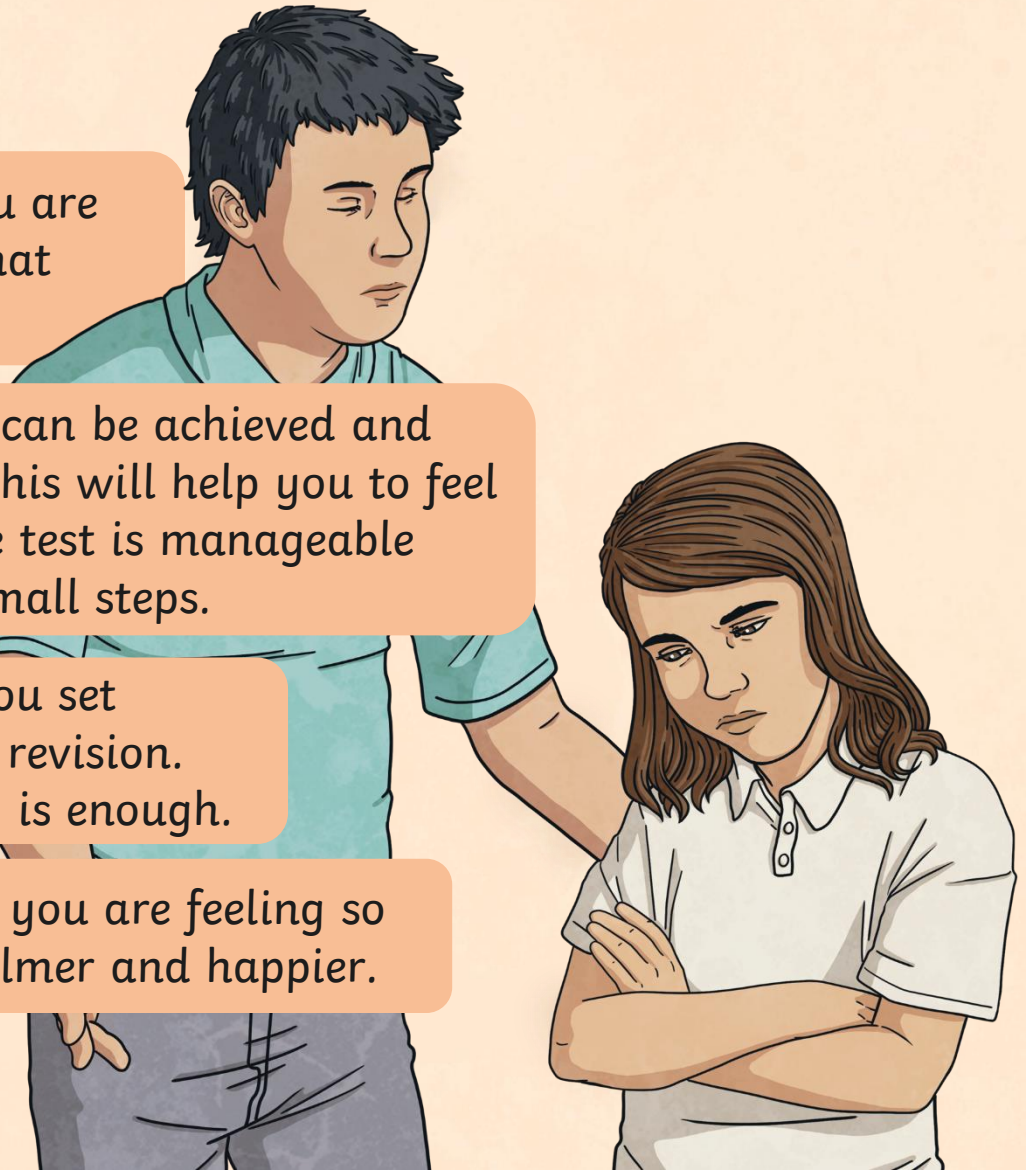
Be Prepared

Speak to your teacher if you are unsure about how to, or what areas you need to, revise.

Create regular targets that can be achieved and reward yourself for them. This will help you to feel that the preparation for the test is manageable and is made from several small steps.

Speak to an adult to help you set realistic timescales on your revision. Often, 20-30 minutes a day is enough.

Talk to an adult about how you are feeling so they can help you to feel calmer and happier.



See Mistakes Positively

A cartoon illustration of a young boy with brown hair, wearing a green hoodie, sitting at a desk. He is looking down at a book or paper on the desk. The room has a wooden dresser with three drawers, a framed picture on the wall, and a window in the background. The overall style is simple and colorful.

Mistakes can often be seen negatively. However, mistakes are a great way to learn, develop and grow.

Mistakes must be made for us to develop.

Although you may worry and feel that you do not want to make mistakes, you should try and see them as a learning opportunity.

Be confident when making mistakes - everyone makes them and you can use them to help you.

If you make a mistake, look at what it is and why it happened then correct it and learn from it.

You should give yourself praise for noticing the mistake and being able to correct it.

Make Learning Fun

Sometimes, revision can seem that it is endless pieces of paper that need to be read through.

Why not try making learning fun?

You could use mental maths in real-life situations, such as adding up your total spend at the shops or you could calculate the area, perimeter and total distance travelled when you are swimming. See everyday situations as opportunities to learn and revise.

Create games and involve family or friends. You could make a board game and ask people to spell out words. When they get a spelling correct, they could move a place forward.

Create pictures and models to represent key facts and keep learning interactive.

If you are having fun when learning, you are more likely to have an increased level of concentration and be able to recall facts more easily.

Practice

There are an array of past papers online.

Try looking at some past papers to see how the questions are phrased and how they expect an answer to be given.

Just looking at and holding a past paper can help alleviate any anxiety about seeing the test paper on the day.

Try completing a paper in your own time until you are ready to practise one under timed conditions.

Again, practising under a time limit will help you to become familiar with how it feels to do a test in a set amount of time which will help you to feel more prepared on the day.

The more you practice, the more confident you will feel during SATs week.

This confidence will help give you a 'can-do' attitude.

SATs Week

A colorful illustration of a young girl with brown hair in a ponytail, wearing a pink shirt, drinking water from a clear plastic bottle. She is outdoors in a park-like setting with green trees, a paved path, and a fountain in the background. The scene is bright and cheerful.

When SATs week arrives, try and keep to your routine as much as possible.

Go to bed at the same time and get up at the same time each day.

Eat a healthy breakfast and drink water throughout the day to keep well hydrated.

Focus on the fact that SATs week is just one week and it will be over quickly.

SATs Week

Spend some time thinking about what you have learnt about yourself this week.

You may have learnt that you are more resilient than you thought, you are able to achieve more than you thought or that you have coped well and feel able to regulate your emotions positively.

Take one day at a time and reward yourself when each day is complete.

The reward could be having some time to play with friends or watching a favourite programme.

Tell yourself each evening why you are proud of yourself and what you are going to do tomorrow that will make you happy.

Having a positive, growth mindset will help you to stay happy and calm during the tests and help to maintain your resilience.



Congratulate Yourself!

When you have completed your tests or your SATs, take some time to think about how you feel.

Whatever the outcome of the tests is, remind yourself that you have worked hard and have tried your best.

Think about the rewards you can give yourself for doing your best.

Think about what you have learnt about yourself.

Think about why you are proud of yourself.

Think about what skills, qualities and talents you have gained or further developed.

Create a positive affirmation. For example, "I tried my best and I am proud of myself for what I have done."



What to remember for the room

You may bring in a pen, pencil, ruler and rubber to the assessments, but you do not need to as they are already there for you. You are not to bring in complete pencil cases, or cases themselves.

You are only allowed to bring in a clear, see-through water bottle with no writing on them. These will be removed if they are taken into the room.

You must go to the toilet before the start of the paper, and no one will be going during the paper.

You must ensure that you are silent during the handing out of the paper, the duration of the paper and whilst it is being collected. You are not to speak until you have been told to.

If you are caught talking during the test, it could be deemed as cheating, and you will get either the marks taken away for the questions or given a 0 for your whole test.

Ensure that you are being respectful to others in the assessment room by not being too loud with coughing, sneezing, etc. and that you are not distracting others.



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