

Helpful Hints to Prepare for Your ERB Testing

(ERB Testing is May 20-23)

Before the Day of the Test:

The best way to prepare for standardized tests is over time: READ, READ, READ! Look up words you don't know and broaden your vocabulary. Do your schoolwork to the best of your ability and learn from your mistakes. "Cramming" doesn't usually help much.



Get a good night's sleep the night before the test. Your brain will need to be fresh on each day of the testing. So, don't stay up late!

On the Day of the Test:

Eat a good breakfast the morning of the test. (This is more important than you think. Food gives your brain the energy it needs to think clearly!)

Remember to bring two #2 sharpened pencils (not mechanical) with good erasers on each day of the test. (Make sure your eraser doesn't smudge!)

Do what you can to relax. Go for a run. Meditate. Breathe deeply. Whatever works for you!

Be on time. The test days are definitely not days to be late. Being late will just make you nervous, and you'll miss out on that important preparation time before the test begins.

Once the Test Begins:

Most of the tests are timed. Pay attention to the time, but don't rush. Your teacher will announce how much time is left a couple of times during the test session. Usually, the time limit is ample for most students; however, keep in mind that any questions left unanswered will be marked wrong.

Do not be discouraged if you don't know the answer to a question. No one is expected to know all the answers. Use the process of elimination to help you make an intelligent guess.

Believe in yourself! You will do well! You have been well-prepared at Westminster School. Have faith and do your best! 😊