

FAST/BEST/EOC TIPS OF THE DAY

Tip of Day #1 - Understand the Test

The FAST English Tests and BEST EOCs are Computer-Adaptive Tests (CAT). These assessments use an algorithm that adapts and adjusts for every answer choice that students select. Carefully select your answer choices as you move through the test because they determine the next set of questions you will receive. To earn higher-level questions that will earn you a higher score, take your time on each question. Be mindful that once you select your answers, your path is set. Take your time answering each question from the beginning.



Tip of the Day #2 - Use the “Think Like a Stoplight” Test-Taking Strategy

The FAST English Tests and BEST EOCs are Computer-Adaptive Tests (CAT). Students should try their best on each question before moving to the next. The “Think Like a Stoplight” strategy helps you focus on one question at a time.

Here are the steps:

1. Read the directions and notice words in bold, italics, or quotation marks.
2. Read the question and all of the answer choices.
3. Go back and think this way about each answer choice:
 - *“This answer choice has nothing to do with the question or reading selection or is ridiculous, so I will stop thinking about it and give it an “R” for red, which means STOP.”*
 - *“This answer choice is a possibility. It may answer the question, and it was mentioned in the text, so I will give it a “Y” for yellow, which means CAUTION: Think carefully again about this answer choice.”*
4. Reconsider the “Y” or yellow answer choices by going back to the reading selection to double-check each one.

5. Choose the best “Y” or yellow answer choice as your “G” or green answer, which means GO!

Think Like a Stoplight	Think Like a Stoplight
A Test-Taking Strategy <ol style="list-style-type: none">1. Read the directions and notice words in bold, italics, or quotation marks.2. Read the question and all of the answer choices.3. Go back and think this way about each answer choice:<ul style="list-style-type: none">• <i>This answer choice has nothing to do with the questions or reading selection or is ridiculous, so I will stop thinking about it and give it an “R” for red, which means STOP.</i>• <i>This answer choice is a possibility. It may answer the question, and it was mentioned in the text, so I will give it a “Y” for yellow, which means CAUTION: Think carefully again about this answer choice.</i>4. Reconsider the “Y” or yellow answer choices by going back to the reading selection to double-check each one.5. Choose the best “Y” or yellow answer choice as your “G” or green answer, which means GO!	 <p>Red = STOP Yellow = CAUTION Green = GO!</p>  <p>Never answer a multiple-choice question without <i>Thinking like a Stoplight!</i></p>

Tip of the Day #3 - Practice Answering Different Types of Questions

The FAST and BEST tests are Computer-Adaptive Tests that have a variety of different style questions, including multiple choice, multi-select, Part A/Part B, hot text and table style questions. Practice answering different style FAST questions by logging into FLFAST.ORG. When you get to the website, click on “Students and Families” and then “View Sample

Items”. This will allow you to practice for the big day! Pay close attention to the text features.

Fast Tip of the Day #4 - Use ALL of Your Time & Tools

All FAST assessments are administered in one session on one day. Use the full 120 minutes to your advantage. As you move through the test, use the “*flag for review*” button to flag more challenging questions. Once you have taken your time working through each question on the test, you can go back and review the flagged questions. Your path will already have been set, but you can always score higher within a level by reviewing the flagged questions. Practice using the testing tools by logging into FLFAST.ORG. You can access practice tests by clicking on “*Students and Families*” and then “*View Sample Items*.” Practice using the flag for review tool, line reader tool, strikethrough tool, open/closing your passages and familiarize yourself before the big day!

Fast Tip of the Day #5 - Take Good Care of Your Body So Your Mind Can Work at Its BEST

- **Get a Good Night's Sleep:** Ensure you're well-rested before the test. Showing up to your test well-rested is one of the best things you can do to succeed on test day.
 - **Eat a Healthy Breakfast:** Fuel your brain with nutritious food to stay focused and energized. Eating is an important part of self-care and test-taking preparation, it's hard to think clearly if your stomach is grumbling! As tough as it can be to eat when you're nervous or rushing out the door, plan time in your morning on test days to eat a healthy breakfast. A mix of complex carbohydrates and healthy protein will keep you feeling full without making you feel sluggish. Eggs, oatmeal, berries, and nuts are great choices. It's best to avoid foods that are high in sugar, as they can give you a rush of energy that will wear off quickly, leaving you feeling tired.
 - **Stay Hydrated:** Drink plenty of water to keep your mind sharp and avoid fatigue. If possible, bring a bottle of water with you on test day.
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Fast Tip of the Day #6 - Develop Positive Rituals

Don't underestimate the importance of confidence and a positive mindset. Positive rituals can help combat negative thinking, test anxiety, and lack of focus that can easily undermine your success on test day. Plan some extra time to go for a short walk or listen to your favorite music. Engage in simple breathing exercises. Visualize yourself succeeding on the test. Your rituals can be totally unique to you. The important thing is developing a calming habit that will boost your confidence, attitude, and concentration when the test begins.

Fast Tip of the Day #7 - Pay Attention to Text Features

When taking the FAST and BEST tests, make sure to hone in on text features such as headings, subheadings, footnotes, and captions. These elements can provide valuable context and clues to help you.

Here's how to use them effectively:

- **Headings and Subheadings:** These can give you a quick overview of the central idea and structure of passages. They help you understand what each section is about and can guide you to the information you need.
- **Purpose Setting Statements:** These statements often appear at the beginning of a passage or section and outline key background knowledge. They can help you understand the author's intent and focus your reading on key points.
- **Footnotes:** These often contain additional information or explanations that can clarify confusing vocabulary. Don't skip them; they can be crucial for answering specific questions.
- **Captions:** Pay attention to captions under pictures, charts, or graphs. They often summarize key points or provide important details that are relevant to the questions.
- **Bold and Italics:** Words in bold or italics are usually important terms or concepts. Make sure you understand them, as they are likely to be significant for the questions.

By focusing on these text features, you can better navigate the passages and improve your comprehension, leading to more accurate and confident answers.