

MCA/State Assessment

Greetings Parents/Guardians,

This month, students in certain grades will be taking the MCA's which are Minnesota's State Assessment. While how a student performs on the MCA holds no bearing on the classroom grades, we strongly encourage everyone to do their very best. The school uses the data as indicators to receive Title I or Special Education services. Results are also used to find subject areas, as a school, we do particularly well in as well as areas we need to improve. Students also must score proficient or greater in order to allow students to take Dual Credit in high school.

The Night Before:

1. Get a good night's sleep and eat a high protein breakfast. Drink plenty of water.
2. Practice guided imagery, visualizations of succeeding on the test, mentally "going where the information is stored in your brain", or breathing techniques.
3. Don't study right before the test. Concentrate on being calm and mentally accessing the information you have already studied.
4. Don't engage in negative talk with other students before the test, such as "I'm so nervous – I don't know if I studied enough."
5. Eliminate negative thoughts or self-talk by replacing them with a positive affirmation, like "I am prepared for the test and I will do well" or "I am smart – I can do this."
6. Make a decision to ignore students who finish the test before you. Research shows that students who leave early usually don't score as well as those who take more time.

The MCA's are the high stakes test that gets published in the local papers. I am hoping everyone tries their very best.