

Name: \_\_\_\_\_ Ship: \_\_\_\_\_

***Voyage Prospectus***  
***What are you bringing on board?***

1	I go to bed on time the night before an important test.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
2	I eat a healthy breakfast the morning of the test.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
3	I feel confident when taking tests.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
4	If the teacher is reading directions or other parts of the test, I listen and follow along.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
5	I read and follow test directions carefully.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
6	I think about what I know about a question before answering.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
7	I read all the answer choices carefully.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
8	I use what I know to eliminate wrong answers before choosing the right one.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
9	I choose a strategy and talk myself through solving a problem.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
10	I use scratch paper and underline or circle important information to help me solve problems.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
11	I make careful choices and check over them.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
12	I spend the right amount of time on each problem without rushing or taking too long.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>

<b>13</b>	When I notice my attention wandering, I return back to task.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>14</b>	When taking a reading test, I carefully read the entire passage before answering questions.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>15</b>	When taking a reading test, I use the passage to help me answer questions.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>16</b>	If I get nervous during a test, I know how to calm myself down and keep working.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>17</b>	I encourage myself through positive self-talk.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>18</b>	I carefully check to make sure I answered all of the questions.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>19</b>	I carefully check over my work when I finish early.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
<b>20</b>	I feel like a part of a team in my testing group and want all of us to do well.	<i>Never</i>	<i>Sometimes</i>	<i>Most of the time</i>	<i>Always</i>
	<i>TOTAL POINTS</i>				