

April 11, 2024

Good morning! It's Micah Jones from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

As you may know, today is the first day of the ELA state testing. This is an important day, though it can be scary. This time can cause stress and nervousness, but this is a reminder that there is nothing to worry about! Just take a minute to think about the situation, before freaking yourself out.

When we take the state test there may be questions you find difficult. Here are 5 steps to help you answer a difficult question:

1. Take deep breaths, calm yourself
2. Reread the question, you could've misread the question
3. Go back in the text, you may have missed an important detail
4. Use the process of elimination, cross out answers you now know are wrong
5. Pick an answer and explain to yourself why the answer is correct, this can make sure your answer is certain.

Use these steps to help you overcome a complex question. As Thomas Edison once said, "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

Thanks for listening and have a Take your Time and Think it out Thursday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

