



Discussion Guidelines

The 5 P's To Do Your Best On The SOL TEST

Step 1: Be Positive (Video - 2:32)

Summary:

A positive attitude is a powerful feeling you have that great things are going to happen for you.

Why do you always need to have a positive attitude?

You can always do things better with a positive attitude than you can with a negative attitude.

How can you always have a positive attitude?

One way is to make yourself smile. A smile will help you turn a negative attitude into a positive one.

Discussion Points:

As you prepare for and then take the SOL TEST, to do your best requires a positive attitude. So . . . Smile and think positive about the SOL TEST!

Bud has a positive attitude about the SOL TEST. Dud doesn't.

So . . . What are you going to do? Be positive like Bud OR be like Dud.

Questions:

- 1) Are you going to do your BEST on the SOL TEST for YOU, your parents, your teachers, and your school?
- 2) Are you going to always have a positive attitude as you prepare for and take the SOL TEST?

Answers:

- 1) Doing your BEST on the SOL TEST requires a commitment. By answering "yes" to this question you are saying that you are committed to doing your BEST and that you will do everything you need to do to do your BEST.
- 2) If your answer to question 1) was "yes", then your answer to this question must also be "yes".

If you want to do your **BEST** on the **SOL TEST**,
you must always have a positive attitude about it.