6 Alabama ACAP

English Language Arts Practice Tests

for Grade 8

A Complete Guide to Building Math Mastery and Excelling on the Test



- **Real Practice. Real Results.**
- Small Steps, Big Gains!
- **Practice Smart.** Score Higher:
- Detailed Explanations
- **Practice**
- **Master**
- **Achieve**

Reza Nazari

6 Alabama ACAP Grade 8

English Language Arts (ELA)

Practice Tests

A Complete Guide To Building English Language Mastery And Excelling On The ACAP Test

Read

Track the central idea and gather evidence that matters.

Revise

Slow down, test your thinking, and make stronger choices.

Reflect

Build a repeatable routine across all six tests.

Build the habits that strong readers use every day.

Six tests give students enough repetition to build habit, reflection, and control without losing momentum.

Reza Nazari

Built for deliberate practice and steady revision

Copyrighted Material

Copyright © 2026

Effortless Math Education Inc

Published by Effortless Math Education
www.effortlessmath.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law, including Section 107 or 108 of the 1976 United States Copyright Act.

This publication is independently produced and has no official connection to any state, district, or national testing program.

Test names and organizational names used herein are the property of their respective trademark holders.

Copyright © 2026

Copyrighted Material

The Big Day

Your Test Day Playbook.

Calm is a skill. This is how to bring it with you.

◯ The Night Before

- Pack everything tonight. Pencils, eraser, water, ID, approved calculator if needed.
- Do light review only — a single short passage. No new material. No all-nighter.
- Eat something familiar. Tonight is not the night to experiment with anything new.
- Phone out of the room an hour before bed. Protect your sleep like it is part of the grade.

◯ The Morning Of

- Eat protein and complex carbs. Skip the sugar spike — the crash comes during the test.
- Move your body for five minutes. Walk, stretch, shake out your hands. Lower the nerves.
- Arrive early enough to settle, not so early that waiting builds up pressure.
- At the door, four slow breaths: *in for four, hold for four, out for six.* It works.

During the Test

- **Preview the questions**, then read the passage hunting specific answers.
- **Answer every question.** A guess has better odds than a blank — always.
- **Skip hard ones and return.** Easy points protect your time budget. Come back with fresh eyes.
- **Trust your first read.** Change an answer only when you find concrete evidence, not a hunch.
- **Pace by section, not by question.** Check the clock every few minutes, not every question.
- **If anxiety spikes, breathe and reset.** Ten slow seconds saves ten lost minutes.
- **Save 2–3 minutes at the end.** Review flagged items, confirm your bubbled answers.

One last thing.

High school starts soon, but you do not have to wait for it to begin showing up as the reader and writer you want to be. Test day is just a window. Open it, show your thinking clearly, and step through. The next version of you is already on the other side.

— Reza Nazari

Table of Contents

★ Practice Test 1 ____ 10
★ Practice Test 2 ____ 41
★ Practice Test 3 ____ 67
★ Practice Test 4 ____ 95
★ Practice Test 5 ____ 125
★ Practice Test 6 ____ 152
Practice Test Answer Keys ____ 181
Practice Test Answers and Explanations ____ 184

Read the story and the poem. Then answer questions 9–19.

The Weight of Words

1 Maya stared at the typed list of debate topics posted outside the auditorium, her stomach tight with dread as she read the pairs of words—"Resolved: Technology Improves Emotional Health" and "Resolved: Urban Development Should Prioritize Green Space." Public speaking terrified her in a way she could not fully explain: her voice wavered and became almost unrecognizable, her hands trembled so violently she could barely hold note cards, and her thoughts scattered like startled birds the moment she stood before an audience of even a dozen people. But Ms. Chen, her English teacher who had a reputation for pushing quiet students to find their voices, had nominated her for the school debate team without asking permission first, insisting in front of the whole class that Maya had "a mind sharper than she realized," a compliment that felt more like an assignment than an encouragement.

2 The first practice was a disaster in ways that would have been funny if they had not felt so devastating. Maya's opponent, an eighth grader named Jordan with the easy confidence of someone who had never doubted his own voice, spoke with effortless fluency, his arguments unspooling like smooth ribbon, each claim connected logically to the next. Maya, clutching her carefully written note cards, fumbled through her rebuttal, losing her place twice and rushing through her evidence so quickly that the words blurred together. She finished early, her prepared points abandoned in her panic, her cheeks burning with humiliation. Afterward, she sat alone in the hallway outside the classroom, her note cards shaking in her trembling hands, seriously considering quitting before anyone could ask her to return. When she picked at the papers, she realized she had forgotten entire arguments. The debate was not even close.

3 "The first time is always the hardest," Ms. Chen said quietly, sitting beside her on the hallway bench. She handed Maya a small spiral notebook with worn pages. "Write down your arguments before you speak them," she continued. "Not because you will read from these pages in the competition, but because writing slows your thinking down. The words are already in your head. You just need to find the path to them, and writing creates that path." Maya took the notebook without much hope, her skepticism barely hidden, but that night she filled several pages with ideas, evidence, and possible counterarguments, working past midnight. She found that writing did something unexpected: it made her arguments feel real, substantial, worth saying. The next day, she tried again.

4 Over the next few weeks, something shifted in ways Maya could not have predicted. She wrote her points out by hand, practiced them aloud in her room with the door closed, and then tried delivering them without looking at the page, trusting her preparation to guide her. Her thoughts stopped scattering like startled birds; they began moving in organized, logical sequences. During practice rounds against various opponents, she noticed Jordan pausing—really pausing, not for effect but to consider her arguments carefully. His brow would pull tight as he searched for replies, his easy confidence momentarily disrupted. One afternoon, their coach observed a full debate round and afterward said, "That rebuttal was sharp, Maya. Genuinely sharp. You found a contradiction in the logic and pointed it out without being argumentative. That is what debate looks like." The words landed differently than praise had before, because they were specific and true.

5 The day of the regional competition arrived on a cold Saturday in March, and Maya stood at the podium facing a packed auditorium filled with debaters from six schools, teachers, and parents. Her hands still trembled slightly, and her throat still tightened with the familiar anxiety. But when she began her opening statement, the words came: not perfectly, not without a small stumble when she lost her place for an instant, but with a conviction and clarity that surprised even her. She had prepared these words so thoroughly they had become her own. When she finished her closing rebuttal, the room held a brief, charged silence before the applause began, rolling across the auditorium. Jordan, standing at the opposite podium, nodded once, a deliberate gesture. It was not a nod of defeat or condescension, but one of genuine respect from one debater to another who had prepared thoroughly. Maya exhaled slowly, realizing that the trembling in her hands had actually stopped, replaced by a steadiness that felt new and real.

The Voice Inside

There is a voice that lives beneath my ribs,
quiet as a seed beneath the frost.
It does not shout or demand attention;
it waits, patient as stone,
for the moment I am brave enough to listen.

Some days I mistake the silence for emptiness,
the stillness for weakness,
as though being quiet means having nothing to say.

But the voice knows better.