

Help Your Child Prepare For STANDARDIZED TESTS

Do Your Best On The Test!

If you're looking for ways to help your child prepare for standardized testing, follow these test-taking tips to ensure the best chance for success.

1. Keep It Positive

Start test day by reminding your child that he will:

- (A) "ROCK THIS TEST!"
- (B) "SHOW WHAT HE KNOWS"

You'll be surprised the difference a few words of encouragement can make.

2. Promote Strong School Habits

Support what your child's teachers are doing in class by making sure your child attends school regularly and misses as few days as possible.

3. Work With Your Child's Teacher

Talk to your child's teacher about any concerns you have or your child has, especially if she has test anxiety.

Ask for test readiness strategies you can work on at home.

4. Don't Cram

Make sure your child gets plenty of rest the night before testing. Don't try to cram a year's worth of learning into one late night.

Trust that your teachers have been preparing their students all year long!

5. Make The Most of Test Day

Start with a healthy breakfast on test day! Avoid:

- (A) SUGARY FOOD (CAN CAUSE JITTERS)
- (B) HEAVY FOOD (CAN CAUSE SLEEPINESS)

6. Reinforce Test-Taking Skills

If your child is unsure of an answer, remind him or her to go slowly, and:

- (A) "PAY ATTENTION TO EACH QUESTION"
- (B) "GO WITH YOUR GUT"

7. Keep It In Perspective

One test does not sum up a child's entire academic record. Classroom success comes from many factors and standardized tests are just one part of the picture.