



Testing Tips for **FAMILIES**

DO'S:

- **Talk** about why schools give tests and the kinds of tests they will take.
- **Explain that tests** are yardsticks used to measure their progress and how well they are learning. The results show if the child is keeping up, needs extra help or is ahead of other students.
- **Some test results** tell schools that they need to strengthen courses or change teaching methods. Some tests compare students by schools, school districts or cities.
- **Explain that "standardized" tests** use the same standards to measure student performance across the state or even across the country.
- **Remember: A little encouragement goes a long way!** Children who are afraid of failing are more likely to become anxious when taking tests.
- **Meet often** with your child's teacher to discuss his progress. Ask the teacher to suggest activities to help prepare for tests.
- **Make sure** that your child attends school regularly. The more effort and energy your child puts into learning, the more likely it is that he will do well on tests.
- **Provide a quiet, comfortable space** for studying at home and make sure that your child is well rested, especially on test day.
- **Provide books and magazines** for your child to read at home. Reading helps a child learn new words that might appear on a test. Ask your child's teacher for book suggestions.

DON'TS:

- **Don't get upset because of a single test score.** Many things can influence how your child does on a test. Remember, one test is simply one test.
- **Don't place so much emphasis on your child's test scores that you lose sight of their well-being.** Too much pressure can affect test performance.



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Help your child avoid test anxiety by encouraging them to do the following:

- **Plan ahead.** Make sure that you understand what material the test will cover and start studying early.
- **Don't "cram" the night before.** This can increase anxiety. Get a good night's sleep.
- **When you get the test, read the directions first.** If you don't understand something, ask the teacher to explain.
- **If you don't know the answer to a question, skip it and go on.** Mark it and, if you have time at the end of the test, return to it and try again.

After the Test Results are Shared

Your child can learn a great deal from reviewing the exam. Reviewing will show them where they had difficulty and, perhaps, why. This is especially important for subjects in which the material builds from one section to the next, as in math.

Discuss the wrong answers with your child and find out why he chose the answers.

You and your child should read and discuss all comments or feedback. If any feedback isn't clear, tell your child to ask the teacher to explain them.