

*Please read this important testing information that we discussed today during your child's guidance lesson!

How Parents Can Help Children Do Their Best on Tests

The best thing you as a parent can do to help your child do his/her best on standardized tests is to provide positive support by expressing confidence in your child's ability to do their best. Let that be your expectation, as well. Children should know that test scores are important, but are not the measure of your love and acceptance of them.

On test days, try to provide a calm, stress-free environment each morning as your child gets ready for school. Get up in plenty of time to avoid morning rush and anxiety. Curtail nighttime extra-curricular activities and outings that may interfere with their regular bedtime routine.

Help teach and reinforce the following test-taking tips and strategies:

- Get Plenty of Rest Each Night
- Eat a Good Breakfast
- Have a Positive Attitude
- Relax... Don't Fret
- Try Hard... Do Your Best
- Listen Carefully and Follow Directions
- Think Before You Answer
- Read Directions and Questions Carefully
- Don't Rush... Work at Middle Speed
- Check Over Your Work When Finished
- Don't Expect to Know Every Answer

*If you have any specific questions on expectations for your child's grade level, please contact your child's teacher!

1-2-3 – Testing...

PREPARING FOR TESTS

- ✍ Avoid cramming. Start studying well before the test date.
- ✍ Make a list of everything that is going to be on the test.
- ✍ Memorize facts and formulas.
- ✍ Make up questions that you think will be on the test.
- ✍ Take all the school tools you need to complete the test.
- ✍ Don't worry! If you prepare well, chances are you'll do well.

WRITING TESTS AND EXAMS

- ✍ You're prepared, right? So relax!
- ✍ Study all the directions first, and then read all of the questions.
- ✍ Be sure you understand a question before you answer it.
- ✍ Do the easier questions first to boost your confidence.
- ✍ Answer multiple-choice questions in your head first then pick the answer that matches it most closely.
- ✍ Take time to review your work and check your answers before handing in your paper.

<http://www.allkindsofminds.org/>

<http://www.brainconnection.com/>

<http://school.discovery.com/homeworkhelp/bjpinchbeck/>

<http://www.edhelper.com/>

<http://www.erickson-learning.org/elfaddhomework.html>

<http://www.infoplease.com/homework/>

<http://www.homeworkspot.com/>

<http://www.brainyyack.com/>

<http://www.nationalgeographic.com/homework/>

<http://www.math.com>

<http://school.discovery.com/students/>

<http://www.coping.org/studyskills/content.htm>

<http://www.thebeehive.org/Templates/School/Level3NoRight.aspx>

www.ode.state.oh.us (Ohio Department of Education)