

Parent Tips on How to Help Your Child Prepare for State Assessments

Before the Test

Be prepared

Many teachers will send information home about testing schedules and class preparation plans. Information that you should know includes:

What is the test and what will it measure?

Will the test results affect your child, school, or both?

Are there ways that you can help your child prepare for the test?

Help your child in areas that are difficult for her

If your child has struggled with a particular area or subject in the past, you may be able to help them overcome some of that difficulty by providing some extra practice. Many workbooks target test preparation by offering practice exercises and questions like the ones students see on the test. Focus your practice on your child's weaknesses rather than their strengths so that they don't get bored with the exercises.

Give your child a chance to practice

If your child has trouble taking tests, try practicing test questions and studying new words. Your child's school or the library may have some samples to use. Keep the sessions short, and set small, manageable goals so that the extra practice boosts your child's confidence.

On Test Day

Make sure your child gets a good night's sleep and eats a healthy breakfast

Many teachers report that students who don't do well on tests haven't gotten enough sleep, and haven't eaten breakfast on the morning of the test. Doing both of these things will ensure that your child is working at full capacity.

Make sure your child is prepared

Some schools may supply the tools your child needs for the test, such as pencils, an eraser, paper, and a calculator. Others may require the students to bring those materials themselves. Check with your child's teacher to see if you need to provide your

child with any of these materials. Also, check to see whether your child will be able to make up the test if she is sick on test day.

Remain positive

Staying calm will help your child stay calm. If he/she gets nervous about the test or is likely to experience anxiety during the test, help him or her practice some relaxation techniques that they can try once he or she is taking the test.

On a Daily Basis

In addition to these strategies, there are a number of ways that you can maximize your child's learning capabilities throughout the school year, which can lead to confident test-taking. Some of these strategies include:

Assisting your child with homework and ensuring that your child is completing all homework assignments.

Helping him or her to develop good study habits, thinking skills, and a positive attitude towards education from an early age.

Ensuring that your child has good attendance at school.

Staying in communication with your child's teacher.

Encouraging your child to read as much as possible, and to increase his or her vocabulary - even reading magazines, newspapers, and comic books regularly will help improve her reading skills.

Looking for educational games and programs that engage your child.

Helping your child learn how to follow directions carefully.