

## Test Taking Tips for Parents

The following tips will provide suggestions for parents on how to approach test taking with their kids.

- ✓ Make sure that your child does all homework and reading assignments that will help make sure your child is prepared for the test.
- ✓ Encourage your child to space out studying and homework assignments so that s/he won't be forced to cram on the night before the test.
- ✓ If you are anxious about your child's test it's ok, but try to keep cool around your child, you don't want him/her to get anxious about tests, too.
- ✓ Encourage your child to do well, but don't pressure him/her, you may stress your child out, it is important for your child to stay relaxed on the test.
- ✓ Keep a positive attitude about tests.
- ✓ Provide a quiet, well-lighted area with little distractions to help your child study efficiently.
- ✓ Mark down test days on your calendar so you and your child are both aware of testing dates.
- ✓ Make sure that your child gets enough sleep on the night before the test.
- ✓ Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.
- ✓ Make sure that your child gets up early enough so that he/she will be on time to school.
- ✓ Let your child relax for a few hours before bedtime, it can be stressful for a child to study all night.
- ✓ Talking about the test with your child can relieve stress about test taking.
- ✓ If your child is struggling on their tests, talk to her/him about it and meet with her/his teacher to find out the best way to help your child.
- ✓ Praise/reward your child when he/she does well on a test or for hard work preparing for a test.
- ✓ Encourage them to do better if they don't do well.
- ✓ Review the test with your child after she/he has taken it and go over any mistakes and make sure that she/he understands what was done wrong and how to improve for the next test.

OTHER USEFUL WEBSITES:

<http://www.ucc.vt.edu/stdysk/stdyhlp.html> -- comprehensive study guide/college

<http://highschoolace.com/ace/ace.cfm> -- excellent general academic guide and study tips