



### **Test- Taking Tips for Parents**

- ❑ Encourage your students. Recognize their accomplishments and effort. Kids who are not afraid to take risks and make mistakes score higher on standardized tests.
- ❑ Encourage your child to read - newspapers, magazines, food labels, recipes, letters, instructions, fiction, nonfiction. Test makers use a wide variety of formats when choosing items to evaluate reading comprehension.
- ❑ Talk with your child about what they are reading and doing in class. Kids who talk with their families on a regular basis about school and about what they are reading score higher on national standardized reading tests than kids who talk infrequently about their learning.
- ❑ Be sure that your child gets plenty of rest – and lots of protein and fruits. Limit the carbohydrates during testing time.
- ❑ Recognize that this standardized test is only one measure of your child’s abilities – and not the entire picture. Don’t judge him or her on this one assessment.
- ❑ Limit television time. Students who watch fewer than three hours of television a day score higher on the national reading test than those who watch more.
- ❑ Express a positive attitude about learning, about the test, and most of all about your confidence in your child to do well on it. The attitudes of parents influence your child’s attitude. Be upbeat and encouraging, and your student will, too.