

The St. Martin Parish Parent and Family Engagement Connection

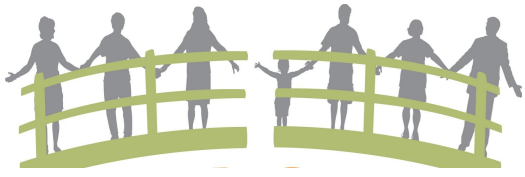
Home & School

"TOGETHER WE CAN MAKE A DIFFERENCE"

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Preparing a student for testing

1. Make sure your child gets an ample amount of sleep the night before the test
2. Mark testing days on your calendar
3. Eat a nutritious and filling breakfast.
4. Review test concepts each night for several weeks
5. Be on time the day of testing (Set a back up alarm to avoid oversleeping)

Working with students who are anxious about testing

1. Try not to put too much pressure on the student.
2. Have the child visualize success.
3. Teach child breathing techniques to use before or during testing
4. Encourage your child to review the night before the test, but avoid cramming.
5. Plan for a fun outing or treat for your child after the test has been completed.
6. Keep a positive attitude about testing in general

FYI

• FOR YOUR INFORMATION •

1. Keep track of how much time you have remaining and try not to spend too much time on items that you are unsure of, as you can always come back to them once you have completed the items you do know.
2. Answer the easy questions first and then move on to more difficult items.
3. Answer all questions, even if do not know the answer
4. Use all of the time allotted to you. If you have extra time cover your answers and try reworking the questions.
6. Fill bubbles in completely. If the test involves writing make sure you write as neatly as possible.
7. Always check your answers!
8. Be aware of words like "always," "never," "only," "must," and "completely." Response options containing these words may be correct, but are usually distracters as they will usually be exceptions to extreme words such as these.
9. Be cautious about changing your answer to a multiple choice question without a good reason. Usually, your first "guess" or intuition is more likely to be correct than later ones.
10. If one of the items is an "All of the Above" option and you know that at least one of the other options is incorrect/false then you can eliminate the "All of the Above" option as well.

*Test Taking Tips for Parents & Students
Preparing a student for a Testing Session*

When Taking a Test, Always Remember to...

Read the question carefully & then read it again to find the right answer.

Examine every answer choice before choosing one. *Slow Down, Breathe & Stay Focused*

Locate & Label clues to your answer in the passage or problem.

Always Double Check your work before moving onto the next problem.

X-out answers that can't possibly be correct.

