HOW PARENTS CAN HELP THEIR CHILDREN DO THEIR BEST ON TESTS

(From "Tyler Tames the Testing Tiger" National Center for Youth Issues)

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. On test days try to provide a calm, stress-free environment.

Here are some tips your Gr. 3- 5 students learned in a classroom Guidance lesson (which are reinforced daily by classroom teachers!)

*Get plenty of rest each night
*Get to school on time each day
*Eat a good breakfast
*Have a positive attitude
*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- use the 'process of elimination' if needed

Children should know that test scores are important but are not the measure of your love and acceptance of them.