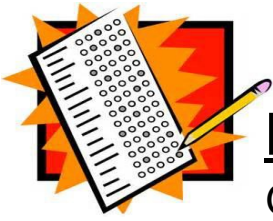


## WHAT CAN PARENTS DO AT HOME?

### *Testing Tips for Parents*

- Acknowledge test-taking anxiety as normal, but stay positive.
- Realize too much emphasis on the tests and the results can increase your child's anxiety about the test.
- Reassure your child that test scores are only one measure of his or her ability
- Encourage your child to think positive thoughts like "I can do this!"
- Nutrition also influences how well children do on tests; a good breakfast is important!
- Adequate rest makes a difference! Make sure your child goes to bed at a reasonable time.
- Limit evening activities during testing so there is adequate time for rest...do something relaxing, solve problems before or after the testing week.
- Ensure your child is present each morning...even being five minutes late will cause them to not test with their class! Students test better when they are in their normal class setting.
- Your child should wear comfortable clothing for long test-taking periods.
- Help your child learn how to relax. Some find it helps to take a few deep breaths before starting the test; others like to imagine a peaceful place like the beach or park.
- Please avoid scheduling appointments (doctor, etc.) during the week of testing.
- If your child has glasses, make sure he or she has them for testing.
- Results can be found on the GCPS portal in early fall AND will be sent home to you with your child.





# Parent and Student Resources

## Georgia Standards of Excellence and the Georgia Milestone Assessment

- Georgia Milestones Assessment practice:  
<http://gaexperienceonline.com/>
- A free online **collection of videos aimed at helping parents understand grade-level expectations in grades K-8.** <http://www.greatschools.org/gk/milestones/>  
This site helps show parents what success looks like at each grade level. It is not associated with the Georgia Milestones.
- This site allows parents to search by state, grade, and subject to find **homework support resources** that support Georgia standards.  
<http://belearninghero.org/learning-tools>
- Top 8 Questions Parents Ask Teachers is a Q&A resource authored by Student Achievement Partners' Core Advocate teachers.  
<http://achievethecore.org/content/upload/Top%208%20Parent%20Questions.pdf>
- Test Preparation for language arts, math, science, social studies at all grade levels. <http://www.chapelhillms.dekalb.k12.ga.us/Resources.aspx>  
<https://www.lumoslearning.com/llwp/resources/gmas-practice-tests-sample-questions.html> Please remember there are practice tests for all subjects at these websites. Therefore, practicetests and study guides designed for the GMAS are better suited to be used for math and ELA.

## Celebrate Your Child's Success!

\*\*\*Visit Sweetwater MS's Family Resource Center or contact us for additional tips and resources:

June Harris

Title 1 Parent Involvement Coordinator

Sweetwater Middle School

(770) 806-7814

[june\\_harris@gwinnett.k12.ga.us](mailto:june_harris@gwinnett.k12.ga.us)

