

WHY STATE TESTING MATTERS TO YOU!



How does Taking state tests help you?

- It allows you to demonstrate what you know and can do in English Language Arts, Math, and Science.
- It gives you and your family reliable information that you can use to understand your growth and progress.
- Participating gives your teachers and school leaders information to improve the curriculum and teaching practices.
- Testing is a regular part of learning and helps guide learning decisions by your teachers and school leaders.

What are some things you can keep in mind?

- If test taking makes you nervous, practice strategies that help you relax during testing (e.g., breathing exercises, stretching, muscle relaxation).
- Talk with your family or teacher about whether there are things that might make it easier for you to take Oregon state tests, such as more time or a quiet area.