Testing Tips for Families and Students
Help Your Child Avoid Test Anxiety

The word test can cause a certain amount of stress in any student, no matter how well a student is doing in school. Confidence and a positive attitude are key to overcoming it — and parents can help on both counts.

Consider sports. You take your child to practice, where a student learns the rules of their game. You cheer for them to urge them toward success. When they do well, you celebrate. When they don't, you encourage her to practice and try again.

You can help your child overcome test anxiety the same way. First, talk about what the school is expecting, to learn and be able to do. You can find this out by talking to their teacher. Ask the teacher how you can help build your child's confidence — and what material you can review with them. Encourage your child every step along the way as they build knowledge.

If you are preparing your child for state tests, ask the teacher how to help them understand what the tests will look like. Also, the teacher can explain how you can work with your child at home on the Ohio Department of Education's student practice resources and practice tests.
AIR Tests:
http://education.ohio.gov/Topics/Testing/Ohios-State-Test-in-ELA-Math-ScienceSocialStudies/Sample-test-items-and-practice-tests

It's important to remember that Ohio's State Tests are based on Ohio's Learning Standards. These standards lay out what students should know and be able to do in each grade. Ohio teachers choose questions for state tests that match what their students are learning in their classrooms. This is your child's opportunity to show what she has learned throughout the school year. Keeping this in mind, your child should go into test day with confidence.

Finally, put every test in its proper place. We should aim to excel in our tests, but it's important not to let fear overpower us. A single test, even one at the end of the school year, doesn't define your child's entire future. Help your child understand that performing well is about showcasing their progress and knowledge.

Helping your child build confidence and putting tests in their proper perspective will ease the pressure on your child when test days roll around. It also will give her a better overall school experience.

General Testing Tips for Students

- Carefully read and listen to the instructions
- Read the directions for each test carefully.
- Read each question carefully.
- Pace yourself—don't spend too much time on a single passage or question.
- Pay attention to the announcement of time remaining on each test.
- Mark only one answer to each question, and for each question, make certain that you mark in the row of ovals with the same number as the question.
- For each question, decide which answer is best.
- Answer the easy questions first, and then go back and answer the more difficult ones if you have time remaining on that test.
- On difficult questions, eliminate as many incorrect answers as you can, then make an educated guess among those remaining.

- Answer every question. Your scores on the multiple-choice tests are based on the number of questions you answer correctly. You will not be penalized for guessing. It is to your advantage to answer every question even if you must make an educated guess.
- If you complete a test before time is called, recheck your work on that test.

When time is called on any test, stop any typing and remove physical contact with keyboard or mouse discontinuing test session.

Writing test tips:

- Before you begin working on the writing part of the test, read all material provided in the test to understand what you are being asked to do.
- You may plan your essay on the unlined pages provided. They will not be scored.
- Only your writing on the computer in the designated writing area will be scored.

Preparing a Student for a Testing Session

- Make sure your child gets an ample, normal amount of sleep the night before the test.
- Mark testing days on your calendar to help remind you and your child when the testing will take place and plan your preparations.
- Your child should eat a nutritious and filling breakfast. Avoid high sugar food choices (cereal, poptarts, syrups, juices, etc.) which can make your child hyper and/or unfocused.
- Set aside time each night prior to the test for several weeks to review the concepts that will be covered.
- Work with teachers and administrators at your child's school to find materials to work on at home in preparation for the test.
- Make sure the student is on time on the day of testing.
- Set a backup alarm to avoid the possibility of oversleeping.
- If your child is sick please contact the school immediately to inform them.