

TEST TAKING TIPS AND STRATEGIES FOR PARENTS

- MARK TEST DATES DOWN ON A CALENDAR SO YOU WILL REMEMBER THEM.
- DON'T STRESS YOUR KIDS OUT.
- GET GOOD SLEEP THE NIGHT BEFORE THE TEST.
- EAT A GOOD BREAKFAST BEFORE THE TEST.
- CHOOSE CLOTHING THAT IS COMFORTABLE AND NOT DISTRACTING.
- TRY TO MAKE THE TIME BEFORE THE TEST STRESS-FREE.
- MAKE SURE YOUR CHILD HAS TAKEN ALL OF THEIR MEDICATIONS.
- BE AT SCHOOL ON TIME.
- WISH YOUR CHILD GOOD LUCK ON THE DAY OF THE TEST.
- REMIND YOUR CHILD TO DO THEIR BEST.
- PRACTICE TAKING DEEP BREATHES TO RELAX.
- REMIND YOUR CHILD TO LISTEN AND READ ALL THE DIRECTIONS CAREFULLY.
- REMIND THEM TO USE THEIR TIME WISELY. IF THEY GET TO SOMETHING THEY DON'T KNOW, MAKE AN EDUCATED GUESS AND MOVE ON.
- REMIND THEM NOT TO WORRY ABOUT WHEN OTHERS AROUND THEM ARE FINISHING.