



# TESTING TIPS!

## BEFORE THE TEST...

- **GET PLENTY OF REST** THE NIGHT BEFORE!
  - SET A BED TIME AND WAKE TIME
- SHARE AND DISCUSS FEELINGS OF TEST ANXIETY
- PROVIDE A HEALTHY BREAKFAST
- BE POSITIVE!
  - PARENTS, ENCOURAGE YOUR CHILD'S BEST EFFORTS
  - THE TEST IS ONLY **ONE** MEASURE OF ACADEMIC PERFORMANCE

## DURING THE TEST...

- READ THE TEST DIRECTIONS
- READ **EACH QUESTION** CAREFULLY
- FILL IN THE BUBBLES COMPLETELY
- READ **EVERY POSSIBLE ANSWER**
- RE-READ WHEN NECESSARY
- TRY NOT TO PANIC!
- RELAX – DON'T RUSH!
- PACE TO FINISH, BUT NOT TO HURRY

### REMEMBER,

- RUSHING INCREASES MISTAKES
- **SKIP DIFFICULT QUESTIONS**, THEN COME BACK LATER
- DON'T SPEND TOO MUCH TIME ON ONE QUESTION
- USE ANY REMAINING TIME TO CHECK YOUR ANSWERS

## AFTER THE TEST...

- BLOW OFF SOME STEAM! PARENTS, YOUR CHILD HAS BEEN SITTING MOST OF THE DAY. THEY WILL NEED TO LET OUT A LITTLE ENERGY.
- **CELEBRATE!** DO SOMETHING TO CELEBRATE YOUR CHILD'S HARD WORK AND EFFORT.
- SHOW THEM YOU **LOVE THEM** NO MATTER THE TEST SCORES.