









Be your child's guide

Test Time Do's & Dont's



Families have a big impact on kids' thoughts, feelings, and actions. Here are some ways you can help your child prepare for successful test-taking:

-  Make sure kids eat well- this improves attention and concentration
-  Encourage a good night's rest before tests
-  Keep mornings pleasant - stress keeps kids from doing their best
-  Have kids dress comfortably and wear layers to adjust to the room temperature
-  Help kids get to school on time so they hear all instructions and have time to relax
-  Don't schedule dental or doctor appointments for test days
-  Don't be too anxious about scores, but it's good to let kids know that tests are important work
-  Don't underestimate your influence as a parent - helping kids prepare yields positive results

12 Test Tips for Your Child



- 1 Review the whole test before and then budget your time
- 2 Listen closely to the teacher's instructions and read written instructions very carefully
- 3 Answer every question, unless there is a penalty for wrong answers
- 4 Identify key words and underline them. This will help you focus
- 5 Rewrite hard questions in your own words, but be careful not to change the meaning
- 6 Use all of the time that you are given- go over your answers when you're finished
- 7 Try to come up with the answer on your own- then see if your response is among the choices
- 8 Eliminate answers you know are wrong and read all choices before choosing your answer
- 9 Don't change your initial answer unless you have a very good reason
- 10 Don't get stuck on one question. Skip the question, come back to it later (be sure to leave that line unbubbled on your answer sheet)
- 11 Use a ruler or folded piece of paper to keep your spot on your answer sheet
- 12 Stay positive and calm. If you start to feel nervous, take a few deep breaths to relax

