

BPS101 Parent Resource

Standardized Testing: Tips for Your Child

Standardized testing can be stressful for students, and parents often wish they could do more to help their children manage test anxiety. Here are some ways to help your child be better prepared, more relaxed, and more focused so he or she can do well at assessment time.

Help Your Child Be Academically Prepared

- Maintain a consistent homework routine.
- Check your child's work for accuracy and to pick up on problems your child may not have told you about.
- If your child's struggling with a subject, provide help yourself or seek out a tutor via another student, a teacher, or a professional tutoring center.

Help Your Child Be Physically Prepared

- On the night before the big test, make sure your child goes to bed on time, or early if possible. A good night's sleep is essential for a sharp mind.
- On test day, feed your child a good breakfast, including protein. Protein foods, like eggs, are "brain food." They contain special nutrients that assist the brain in mental processing, memory, and concentration.

Help Your Child Be Prepared Psychologically

- Remind your child that while it is important to do the best he or she can on an assessment, it is not really a measure of the child's worth or overall intelligence.
- Reassure your child that as long as he or she does his or her best, you will be proud of the child, and the child should be proud too.

Test-Taking Tips for the Child

- Relax as much as possible. Take a couple of deep breaths, close your eyes, and "center" yourself within your own body. Try to push all outside distractions to the background.
- Reduce your mental focus to include only your desk, your test papers, and yourself.
- Listen carefully to the teacher's instructions.
- Read all test directions carefully. Make sure you know what is being asked.
- Read every possible answer, even if you think you have found the right one. It only takes a moment to clarify that you have the right answer. If reading all the answers makes you doubt your first choice, re-read the question to clarify which answer provides the *best* response.
- If you are uncertain about an answer, first eliminate the choices that you are sure are wrong. Then use reason to determine the best answer. Avoid random guessing.
- Periodically check to make sure you are recording your answers in the proper spaces on the answer page.
- If a question is too difficult, skip it and make a note of the item number. Come back to it if you have time at the end of the test. Be sure to skip the answer space for this question as well.
- To help with recall, think back to the time when you were learning about or studying the material in question. Recalling the scene where the learning took place helps bring back other associated memories, likely including the answer you need.

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The brief informational summaries contained on the BPS101 Parent Resource pages have been designed to raise awareness of a variety of topics that may be of interest to the BPS101 parent community. While every attempt has been made to ensure the accuracy of the information presented, parents should seek out additional information from professionals in the field to ensure they have full, comprehensive information on which to base any decisions.