

Test Taking Tips for Parents

From Campbell Union School District

The way parents approach tests is an important factor in how their children approach them. Parents often wonder how they can help their children do their best without causing “Test Anxiety.” Here are some suggestions.

✓ **Make the Time and the Place**

One of the best ways to help your children prepare for a test is to have them do all their homework and reading assignments as they receive them.

Provide a quiet, well-lighted area with few distractions to help your children study efficiently.

Encourage your children to space out their study time and homework assignments so that they won't be forced to cram on the night before a test.

If your children struggle on their tests, talk to them about it and meet with their teachers to find out the best way to help.

Encourage your child to review tests they've already taken to go over any mistakes they made and be sure they understand how to get the correct answer next time.

Check with your child's teacher to find out the testing dates. Mark the test days on your family calendar so you and your children can plan ahead.

✓ **Get a Good Start – Start Now**

If your nighttime and morning routines have gotten off track, now is a good time to set it straight. Be sure your children get enough rest and have time for breakfast each day. By starting now, your routine will be well established before testing starts in April.

On test days, make sure your children get up early enough and don't have to rush to be on time to school.

✓ **Stay Cool and Encouraging**

It is important for your child to stay relaxed about the test. Encourage them to do well, but don't pressure them.

Keep a positive attitude about tests. They tell the teacher what the child knows and what still needs to be learned.

Praise your children when they do well on a test or work hard preparing for one. Notice what they understood on the test without focusing only on the grade.

Let your child relax for a few hours before bedtime, it can be stressful for a child to study late into the night.

If they don't do well on a test, encourage your children to do better next time. Let them know you believe in them.

