

## **Parent Test Support Strategies**

### ***Preparing for Testing***

- Note test dates on your home calendar; schedule appointments on non-testing days.
- Encourage your child to take responsibility for homework and class study.
- Help your child learn how to find information independently.
- Get to know your child's teachers.
- Attend parent-teacher conferences.
- Confer with teachers on a regular basis for progress reports.

### ***Testing Day***

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Do not send your child to school if illness is apparent.
- Do not remove your child from school on test days for appointments.

### ***After Testing***

- Examine all test reports sent home.
- Determine areas of strengths and weaknesses.
- Praise your child's testing strengths and make a plan to address identified weaknesses.
- See your child's teacher if additional information is required.

### ***Parent Strategies for Reducing Test Anxiety***

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.