

Tips to Prepare for School Testing

STUDENTS

- Get a good night's rest and eat a normal breakfast.
- Arrive early on test day.
- Be comfortable but alert. Stay relaxed and confident.
- When nerves take over, take some slow, deep breaths to relax.
- Read and pay careful attention to all directions.
- Read each passage and the accompanying questions. Read every possible answer – the best one could be last.
- Read and respond to items one at a time rather than thinking about the whole test.
- When necessary, reread the parts of a passage needed for selecting the correct answer.
- Don't expect to find a pattern in the positions of the correct answers.
- Don't guess. Try to get the correct answer by reasoning and eliminating wrong answers.
- Decide exactly what the question is asking. One response is clearly correct.
- Don't spend too much time on any one question.
- Skip difficult questions until all other questions have been answered. On scrap paper, keep a record of the unanswered items to return to, if time permits.
- Make sure to record the answer in the correct place on the answer sheet.
- Only change an answer if you are sure the first one you picked was wrong. Be sure to completely erase changed answers.
- Work as quickly as possible with accuracy.
- After finishing the test, use any remaining time to check your answers.
- Keep a good attitude and think positively! Remember:
 - This test is only one measure of academic performance and does not determine a person's worth!
- When you receive your scores, examine them carefully. Ask your teacher to explain them if needed.
- Congratulate yourself on areas where you did well. Nice work!
- Identify areas where you should improve for a better performance next time.
- Ask your teacher to suggest areas of study that will help you better master the standards.

PARENTS

- Make sure your child gets a good night's rest and eats a healthy breakfast.
- Keep a positive attitude about tests and your child's ability to perform well on them.
- Make sure your child gets up early enough so he or she is on time to school.
- Praise your child when he or she performs well and offer encouragement for areas where more improvement is needed.
- Talk to your child's teacher to find out the areas in which they need the most help.
- Designate a study time for your child without the distraction of TV, phone and other devices.
- Do not remove your child from school on test days for appointments.
- Once you receive your child's score report, review the scores carefully. If your child is rated "Basic" or "Below Basic" in any areas, he or she may need additional help. Work with your child's teacher or principal to make that happen.
 - [This is what a score report looks like.](#)