

Survival Tips for Standardized Testing

Standardized Testing is becoming a critical issue in today's schools. Whether we agree with the how, when or why of standardized testing, we need to face the fact that it's being required and our kids need to do well on the tests. We hope that you find these Survival Tips for Standardized Testing helpful.

1. Be a cheerleader! Let your children know that they have many strengths and weaknesses but when it comes to taking a test, the best thing they can do is to try their hardest!
2. Provide a note of encouragement each morning of the test. A simple expression of praise or encouragement can go a long way.
3. Help your child manage any stress they may feel about the test.
 - Help them see the test within the “big picture”. A test is a *snapshot* of the student’s performance on a particular day. Knowing this might help students feel less stress about the test.
 - Talk to your child about ways to manage stress about the test. Specific techniques include- thinking in a positive way about their performance on the test, visualizing themselves doing well on the test, helping them learn test-taking strategies. (see below)
 - Encourage your child to stay active and involved in sports, hobbies or other enjoyable activities.
4. Review good test-taking practices with your child. Remind your child to:
 - read the directions and make sure they understand the directions before beginning a test section and to ask questions about any directions that are unclear.
 - avoid spending too much time on one question. If they find themselves stumped by a question they may want to skip it and move on, they can return to it once they have finished the rest of the test section.
 - work at their own pace and ignore students around them who seem to be working faster or who may finish the test early.
 - go back and check their work, check it again if time permits.
5. Let your child know that all standardized test are designed where some questions are easy and others difficult; students are not expected to know all the answers.
6. Do not plan activities that will take your children away from school on testing days.
7. Talk to your child about the testing and then forget about them for a while. It will be several months before the results are made available.
8. Make sure you receive the results of the testing and attend all informational meetings that pertain to the testing. Discuss the results with your child.