**Test Taking Tips for Parents**

**Tip #1:**  Make attendance a priority, especially on days that you know standardized testing will be administered.  Though it's important for your student to be in school every day, making sure he's there when the test is taken helps to ensure he won't lose more learning time because he has to make up a test during school.  Make a note of test days on the calendar. That way both you and your student know what's coming and will be prepared.

**Tip #2:**  Monitor your student’s progress and check for understanding. Subjects like science, social studies and math often have cumulative exams at the end of learning units. If your student is struggling with something now, it won't be easy for her to have time to try again to learn it just before the test.

**Tip #3:** Set a reasonable bedtime and stick to it.  Eight hours of sleep is preferable.  Many parents underestimate the importance of a rested mind and body. Tired children have difficulty focusing and are easily flustered by challenges.

**Tip #4:** Make sure your child has enough time to wake up fully before he has to go to school. Just as rest is important, so is having enough time to get his brain engaged and in gear. If his test is first thing in the morning, he can't afford to spend the first hour of school groggy and unfocused.

**Tip #5:** Provide a high-protein, healthy, low-sugar breakfast for your student. Kids learn better on full stomachs, but if their stomachs are full of sugary, heavy

foods that will make them sleepy or slightly queasy, it's not much better than an empty stomach.

**Tip #6:** Talk to your student about how the test went, what he did well and what he would have done differently. Think of it as a mini-debriefing or brainstorming session. You can talk about test-taking strategies after the fact as easily as beforehand and these discussions will improve performance on future tests.