



Test Taking Tips for Parents

- Make sure your child has a routine for homework and studying.
- Provide a quiet area with little distractions to help your child study.
- Talking about the test with your child can relieve stress about test taking.
- Remind your child to listen carefully to the instructions from the teacher and to read the directions and questions carefully.
- Explain to your child how to use time wisely on a test. If your child gets stuck encourage him or her to make an educated guess, mark the question, and go back after finishing the rest of the test.
- Make sure your child gets enough sleep the night before a test.
- The morning of test days should be pleasant. Avoid stressful situations.
- Ensure that your child eats a healthy breakfast.
- Arrive at school on time so that your child does not miss any instructions and are allowed time to settle in before the test begins.
- Remind your child that tests are important.
- Encourage your child to always do their best.
- Keep a positive attitude about tests.

