

Testing Prep Tips for Parents



- ✓Tip #1: Get your child to school on time the day of the test. Make attendance a priority, especially on days that you know Smarter Balanced tests will be administered. Making sure your child is there when the test is taken helps to ensure your child won't lose more learning time because he/she has to make up a test during school.
- ✓Tip #2: Make a note of test days on your calendar – This will help remind you and your child when testing will take place and plan your preparation accordingly.
- ✓Tip #3: If you have a concern about the test or testing situation, talk to your child's teacher. Confirm that your child will be receiving any pre-determined accommodations and supports during tests. These accommodations and supports are detailed in your child's IEP or 504 Plan. If your child does not have an IEP or a 504 Plan but needs assistance, make sure you've communicated with your child's teachers about child's needs.
- ✓Tip #4: Make sure your child gets a good night's sleep the night before the test. Your child will probably perform better if well rested. Tired children have difficulty focusing and are easily flustered by challenges.
- ✓Tip #5: Make sure your child has enough time to wake up fully before going to school. Just as rest is important, so is having enough time to get your child's brain engaged and in gear. If the test is first thing in the morning, your child can't afford to spend the first hour of school groggy and unfocused.

Testing Prep Tips for Parents, Cont.



- ✓Tip #6: Make sure your child eats a healthy breakfast. Your child should eat a nutritious breakfast. Avoid high sugar cereals. Provide a high-protein, healthy breakfast for your child. 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 #7: Talk to your child about how the test went. Keep in mind that your child may have to test over several days. Talk to your child about what he/she did well and what he/she 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.
- ✓Tip #8: Give your child a chance to practice. If you have a computer with internet access at home, set aside time for several weeks before the test to access the practice tests with your child. Ensure your child becomes familiar with the test delivery system and how to answer different types of questions. If you don't have a computer with internet access, consider going to your local library or the schools.
- ✓Tip #9: Attend any meeting your school schedules before the test. Call your child's school and find out when they are holding informational meetings about the test. You may be able to get additional resources and/or recommendations to help your child succeed.
- ✓Tip #10: Ensure your child wears comfortable clothing for longer than normal test-taking periods.

