

Home to School Connections

~ Help Your Child Stay Confident on Test Day ~

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Nobody likes to take tests. Some children become so worried about taking a test that they are not able to show what they know. This is called “test anxiety.” So telling you child to “calm down and relax” may not work. Here are some ways that you can help your child get rid of test anxiety.

- **Stretch out study time.** Encourage your child to study a little bit everyday. If you help your child review a couple of skills every night, by test day he or she will feel prepared.
- **Do not cram.** Research shows that “cram sessions” do not work. Instead, have your child go to bed a little early and get a good night of sleep.
- **Read the directions.** Remind your child to read all test directions. If he or she does not understand the directions, make sure that your child knows to ask the teacher to explain.
- **Look over the test quickly.** Ask your child to skim through the test before answering any questions. By doing this your child will be able to figure out how much time to spend on each section.
- **Do not be afraid to skip a question.** Tell your child not to waste time worrying about a question that he or she does not know the answer to. Instead, tell your child to go on to the questions that he or she does know. If there is time, then the child can go back to the items that had them confused.

KYPIRC Mission Statement
Ohio Valley Educational Cooperative

The mission of the Kentucky Parent Information & Resource Center is to increase parent involvement to improve student academic success.

For additional information regarding the KYPIRC and services available contact:
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“Parents are critical to a child’s academic success.”

Henderson & Mapp, 2002

*US Department of Education, Office of Educational Research and Improvement,
“Help Your Child Improve in Test Taking.”*

~ Good Health = Good Test Scores ~

According to the *Parent Institute* getting ready for a big test requires more than studying. Your child must be physically fit too. Remember the following as your child prepares for upcoming tests:

- **Breakfast.** Breakfast is the food of champions – not just for athletes, but academic champions as well. Simple foods such as toast and a piece of fruit will give your child the fuel the brain needs to function well.
- **Sleep.** Get your child into a regular sleep routine. Most school aged children need at least 8 hours of sleep each night.
- **Exercise.** Encourage your child to exercise every day. Exercise increases oxygen to the brain and helps with thinking and memory.

The Parent Institute, 2007. Ways Busy Parents Can Help Children Succeed on Standardized Tests.