



10 Ways to Help Your Child Prepare for Tests

1. Provide a quiet place to study and prepare for tests. Keep the area clear of distractions and noise.
2. Suggest seeking help from teachers, if needed. Study groups with fellow students can also be beneficial.
3. Teach your child to take tests seriously, but not to get overly anxious. Too much stress can cause mistakes.
4. Stress the importance of doing homework and other class assignments so your child is familiar with test topics.
5. Encourage studying over a period of time, not cramming the night before. Information is more easily retained when it is learned over a longer timeframe.
6. Promote positive self-talk, such as "I know I can do this." Help your child feel upbeat about doing his or her best.
7. Remind your child to listen to or read test directions carefully.
8. Recommend that your child look over the entire test before starting and complete the easiest questions first.
9. Ensure that your child gets proper sleep the night before and has a balanced breakfast on test day. Being well rested and eating right will keep your child's energy level up.
10. Make sure your child is on time for tests and has the required supplies, such as pencils, pens and calculators. Remember, your support and concern will show that you care about your child's education and future.