
INSIGHTS

FOR FAMILIES



Helping your children with tests



❖ INSIGHTS FOR FAMILIES is provided by your child's school in recognition of your role as a partner in education. Written by Judy McDaniel, communications consultant.

You can be a great help to your children if you will observe these do's and don'ts about tests and testing:

- ❖ Don't be too anxious about a child's test scores. If you put too much emphasis on test scores, this can upset a child.
- ❖ Do encourage children. Praise them for the things they do well. If they feel good about themselves, they will do their best. Children who are afraid of failing are more likely to become anxious when taking tests and more likely to make mistakes.
- ❖ Don't judge a child on the basis of a single test score. Test scores are not perfect measures of what a child can do. There are many other things that might influence a test score. For example, a child can be affected by the way he or she is feeling, the setting in the classroom and the attitude of the teacher. Remember, also, that one test is simply one test.
- ❖ Meet with your children's teachers as often as possible to discuss their progress. Ask the teachers to suggest activities for you and your children to do at home to help prepare for tests and improve your children's understanding of school work. Parents and teachers should work together to benefit students.
- ❖ Make sure your children attend school regularly. Remember, tests do reflect children's overall achievement. The more effort and energy a child puts into learning, the more likely he or she will do well on tests.
- ❖ Provide a quiet, comfortable place for studying at home.
- ❖ Make sure that your children are well rested on school days and especially the day of a test. Children who are tired are less able to pay attention in class or to handle the demands of a test.
- ❖ Give your children a well-rounded diet. A healthy body leads to a healthy, active mind. Many schools provide free breakfast and lunch for economically disadvantaged students. If you believe your child qualifies, talk to the school principal.
- ❖ Provide books and magazines for your youngsters to read at home. By reading new materials, children will learn new words that might appear on a test. Ask your children's teachers about a suggested outside reading list or get suggestions from the public library.