**PARENT TEST-SUPPORT STRATEGIES**

***![C:\Users\fchapman\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YBGHFHTG\MP900402266[1].jpg]()Preparing for Testing***

• Note test dates on your home calendar; schedule appointments on non-testing days.

***Testing Day***

• See that your child is rested and eats breakfast.

• See that your child arrives at school on time and is relaxed.

• Encourage your child to do the best work possible.

• Do not send your child to school if illness is apparent.

• Do not remove your child from school on test days for appointments.

***TEST ANXIETY***

Students may experience anxiety about tests and may experience heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance. The following strategies may assist students, parents, and teachers in reducing test anxiety.

***Parent Strategies for Reducing Test Anxiety***

• Discuss the test openly and in a positive way.

• Have realistic expectations of your child's performance while encouraging his/her best efforts.

• Emphasize that the test is only one measure of academic performance.

• Emphasize that test scores do not determine a person's worth.

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