

Helping Your Child Prepare for Tests

Test taking is part of learning in schools. Tests help determine student progress and identify areas of strength and weakness. Parents can support their children in preparing for tests. Below are some tips that can help:

- Be sure your child regularly attends school so they have had the greatest opportunity to learn the material covered on the test.
- Encourage your child to start preparing and reviewing early. Schedule short study sessions. Discourage cramming at the last minute.
- Remind your child to listen carefully to teacher comments during a review.
- Assist your child in organizing notes from class discussions.
- Practice with your child by quizzing him/her on notes.
- Encourage your child to read the questions at the end of the chapter to get clues about the main ideas in the chapter.
- Remind your child to read and review chapter summaries.
- Check if your child has read, reviewed or listened to a recording of the material being studied.
- Help your child separate the main ideas or most important information from the reading material.
- Use note cards to help your child review vocabulary words, definitions, and bold case terms from the textbook.
- Review with your child old quizzes, notes and worksheets.
- Review with your child the pictures with captions, maps, and graphs.
- Prepare a practice test for your child, by trying to predict what questions may be asked.
- Help your child practice writing the answer for an essay question by making a list of important facts, organizing them, and writing an answer.
- If something is confusing, have your child call the teacher or a reliable classmate for an answer for assistance.
- Monitor that your child goes to bed on time so he/she is well rested for the test.
- Provide a nutritional breakfast for your child.
- Encourage your child to choose comfortable clothes so he or she is more relaxed during the test.