

TEST TAKING TIPS

For Parents and Guardians

- **On time arrivals** at school are essential to best student outcomes on testing days. A late arriving student may be prohibited from taking the test on the scheduled day and have to take it on a scheduled makeup day.
- Be sure your child/ren observe routine and **early bedtimes** for at least 48 hours ahead of testing. Well rested children have more focused energy to devote to the challenges associated with testing!
- Ensure a **healthy breakfast** on testing days. Protein (rather than sugar cereals) will keep your child's energy and attending focused.
- Support an **"I Can and I will"** test taking attitude. Students who identify as capable learners and combine that with effective effort are poised to show what they know!