

Physical Readiness

1. Get a good night's sleep.
2. Eat a healthy breakfast.
3. Wear comfortable clothing, as long as you follow school dress code.
4. Do not forget to take medications as prescribed by your doctor.
5. If you are supposed to wear glasses or contacts, wear them.
6. **Get plenty of sleep.** A tired child cannot stay focused for hours on end.
7. **. Eat a healthy breakfast.** Minimize sugar and carbohydrates and make sure your child has some protein to help keep their energy stable for a longer period of time. In many cases, schools are providing hot breakfast for kids this week. Check with your local school. Sometimes getting to school early to have breakfast with friends can help relax your child and take their mind off the test.
8. **5. Make sure they get plenty of exercise and free play time after school.** The test is stressful and the kids' normal routine at school is different this week. Their minds need a mental break and after sitting all day, your younger ones will have excess energy to burn off. Physical activity is also great for helping kids to relax and sleep better!
9. **6. Support and praise them.** It may sound simple, but just tell them you are proud of them and know they will do a great job. Knowing you are rooting for them can help boost confidence.
10. **7. Eat Healthy.** Send a healthy lunch or talk to your kids about choosing a healthy lunch at the school cafeteria. Explain how healthy food supports their brains, kind of like Popeye and his spinach! My son's middle school has required us to bring a sack lunch for the two days of testing. Kids will be eating in their testing rooms, so check your school's regulations today.

Reduce Anxiety

1. Be on time to school.
2. Pace yourself during the test. Remember you have as much time as you need.
3. Don't worry about the whole test at once - tackle questions one at a time.
4. Don't "score" yourself as you take the test.
5. Don't look for letter patterns of correct answers.
6. Don't panic if you have a memory lapse or mental block. This is normal. Go on to the next item and come back to the trouble spot later.
7. Don't expect to *know* the answer to every question. Expect some items to be too hard. Just do your best.
8. Avoid unnecessary clock-watching, but do be aware of the time.
9. Ignore other test takers.
10. Think positively.
11. Don't give up!

Follow Directions

1. Read all directions carefully.
2. Do the sample questions even though you think you understand.
3. If you don't completely understand what to do, don't hesitate to ask for clarification.
4. Sometimes you will need to reread the directions or the questions to be sure you are answering what is being asked.

5. Don't assume that all the questions in the same section follow the same pattern. One question may ask for a true statement, the next may ask which statement is *not* true.
6. Don't guess wildly on a question. Try to eliminate one or two choices to a question. If you guess, make an "educated guess."
7. Make sure that your answers are on the answer document.

Test-Taking Strategies

1. Read the questions first. Then read the paragraph.
2. Understand that reading to answer specific questions is a different task than reading for content mastery.
3. Answer the easiest questions first.
4. Skip over the more difficult items and come back to them later. List these numbers on scratch paper and be sure to skip that row on your answer sheet.