

Helping Children Prepare for Testing

Throughout a child's educational experience, he/she must face an array of teacher-made and standardized tests. Positive and supportive attitudes from parents can greatly influence the child's test performance. Sylvan Learning Center and KidSource offer the following tips that parents can use to help children perform to their best ability.

- **Encourage your child** to study and keep up with assignments on a daily basis so he/she will feel prepared at test time.
- If your child is nervous at test time, **ask his/her teacher for tips to help with relaxation.**
- **Make sure the child is in school.** Do not schedule major appointments for test day.
- **Encourage your child to study over a period of time and to not "cram" the night before.** If the test does not require studying, he/she will feel more confident if daily preparation has been a habit.
- **Encourage the child to listen carefully to the teacher's instructions and to ask if anything is unclear.**
- **See that the child is well-rested the night before.**
- **Prepare a good breakfast on test day.**
- **Encourage the child to do his/her best.** Do not be overly anxious yourself.
- **Encourage your child to quickly scan the entire test before beginning.** This will help him/her set a good pace.
- If your child does not know an answer, he/she should not spend valuable time on that question. **Encourage your child to continue with the test and return to the unanswered questions when the test has been completed.**