



## Test Taking Tips

### **Teach your child how to become a confident test-taker**

Test anxiety often comes from self-doubt. If your child doesn't think he will succeed, he probably won't.

You can help your child become more confident before a test if you:

**Take off the pressure.** Tell your child, "tests show the teacher what you've learned so far, and what you need help with."

**Avoid last-minute panic.** Your child should begin to review and study days before the test.

**Teach efficient studying.** Help your child focus on the material he hasn't yet mastered.

**Help your child connect new material to what he already knows.**

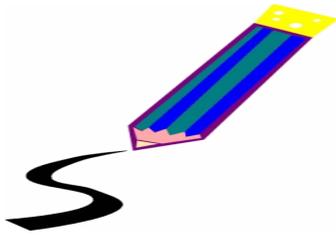
**Encourage positive self-talk.** When your child gets stuck during a test, he can say, "I know this. The answer will come to me."

**Remind your child of his strengths,** what he is good at.

*It's Elementary*

**Help your child visualize success.** Have him close his eyes and picture himself knowing the answers.

Source: Stacy DeBroff, *The Mom Book Goes to School*



## Create a pre-test organizer to help your child have test success

To ace a test, your child can't wait until the last minute to study for it. Ideally, she should start at least a week ahead of time. Creating her own pre-test organizer will help your child remember and review what she needs to.

To make the organizer, print or type needed information on one or two sheets of paper. Leave blank spaces as needed. Then make copies your child can fill out as she prepares for each test.

### **Include:**

- Subject and test date.
- A checklist of materials needed to study: textbook, class notes, homework, old tests.
- Test format. True/false questions, multiple choice, essay or other.
- Days and times to study.
- Day, time and place for study buddy/group meetings.
- Specific material to review. List topics and amount of review needed (heavy/light). Add a box after each topic to check off after she's studied the material.

Source: Ronald W. Fry, *Ace Any Test*, ISBN: 1-56414-460-7 (Career Press, 1-800-227-3371, [www.careerpress.com](http://www.careerpress.com)).





Parents As Teachers

## Ready to Learn

Recent studies of elementary age children have shown: The more fit they are, the better they do in school!

Fit children have more brain power than their less active classmates. They have greater attention and memory skills. They're faster when completing tasks and they make fewer errors.

While your child's fitness should be a year-round concern, she can do some things to boost her fitness level on test days.

### Encourage her to:

**Get a good nights sleep before the test.** Staying up all night studying increases anxiety, which interferes with clear thinking.

**Eat for success.** A hearty breakfast with seven to 10 grams of fiber will keep your child from getting jittery from a sugar high or, later, bottoming out when her insulin goes up.

**Relax.** If your child is too nervous, she'll forget what she knows. She can stretch and breathe deeply to focus her mind.

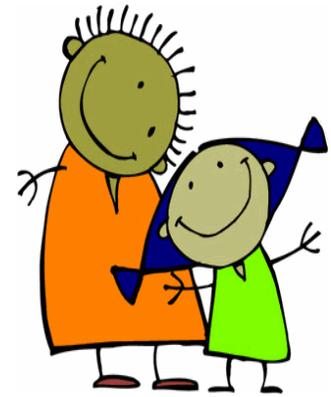
**Wear comfortable clothes.** Pants shouldn't be so tight they keep your child from breathing fully. Her brain needs oxygen.

**Drink plenty of water.** This is another way to keep her brain alert.

Don't forget to **give your child a big hug** on test day. This will increase her sense of well-being and energy.

Sources: Testing Taking Tips for Families, Practical Parenting Partnerships, [www.pppctr.org/maptesttaking.asp](http://www.pppctr.org/maptesttaking.asp); Jennifer Warner

# Community Resources



## ***Special Events This Month***

### **Parenting Classes: Parent Support Services and the Prince George Regional Library**

Want to improve your relationship with your children, use discipline effectively and learn appropriate developmental behaviors? Parent Support Services and the Prince George Regional Library are offering free parenting classes for parents of children ages 5- 12. Classes start on Wednesday, May 22, Monday, May 27, and Wednesday, May 29 from 4:30 - 6:30 in the small meeting room and **registration is required**. Facilitated by Jessica Turner Parent Support Services Program Coordinator **To Register:** Phone or email 250-962-0600

## ***New Support Circles***

**Mothers of Many Strengths (M.O.M.S) Parent Support Circle at Hadih House (2105 Pine St)** A place for moms to get together and talk about parenting issues, find support and meet other moms. No cost. Just for women only, no age limit. Women are welcome to come and join in on an excellent support circle. 250-563-7976

## **Online Resource:**

**Seven Simple Secrets for Calming Tempers (Including Yours)**  
by Michele Borba Give this a read!

<http://www.micheleborba.com/Pages/ArtRM02.htm>