

# DOS and DON'TS

You can be a great help to your children if you will observe these dos and don'ts about tests and testing:

- ***Don't be too anxious about a child's test scores.*** If you put too much emphasis on test scores, this can upset a child.
- ***Do encourage children. Praise them for the things they do well.*** If they feel good about themselves, they will do their best. Children who are afraid of failing are more likely to become anxious when taking tests and more likely to make mistakes.
- ***Don't judge a child on the basis of a single test score.*** Test scores are not perfect measures of what a child can do. There are many other things that might influence a test score. For example, a child can be affected by the way he or she is feeling, or the setting in the classroom. Remember, also, that one test is simply one test.
- ***Parents and teachers should work together to benefit students.*** Meet with your child's teacher as often as necessary to discuss his/her progress. Ask the teacher to suggest activities for you and your child to do at home to help prepare for tests and improve your child's understanding of schoolwork.
- ***Make sure your child attends school regularly.*** Remember, tests do reflect children's overall achievement. The more effort and energy a child puts into learning, the more likely he/she will do well on tests.
- ***Provide a quiet, comfortable place for studying/homework at home.***
- ***Make sure that your child is well rested on school days and especially the day of a test.*** Children who are tired are less able to pay attention in class or to handle the demands of a test.
- ***Give your child a well rounded diet.*** A healthy body leads to a healthy, active mind.
- ***Provide books and magazines for your child to read at home.*** By reading new materials, a child will learn new words that might appear on a test. Visit the public library and ensure that your child reads each night.