



✓ Test Tips for Parents

- Put The Test In Perspective - Tell your student that the test is just one of many ways that the school evaluates student progress.
- Reassure Your Student - Pre-test jitters are normal. They get the adrenaline flowing. Everyone gets a little nervous before a test.
- Tell Your Child What To Expect - Explain that even though some questions will be difficult and they won't know all the answers, it's important not to leave an answer blank. It's better to take your best guess rather than leave a question blank.
- Give Them A Head Start – Help your student start test day well rested and with a healthy breakfast. Dressing in layers is a good idea since room temperatures can vary.
- A Positive Attitude Is Contagious – Let your student know that you believe they will do their best. Keep the morning before the test as stress-free as possible. Help them get to school on time.

✓ Test Tips for Students

- Listen carefully to all the directions and take a few deep breaths to relax before you start the test.
- Don't get distracted by what other students are doing. Some may finish early; others take longer. Focus on your test.
- Read the whole question and all the answers. Do not make extra marks on the answer sheet.
- Look for key words in the test directions and questions such as; choose, describe, compare, similar, except, not and but.
- If you get stuck, move on – try not to take too much time on one answer. Frequently, you can eliminate answers you know are wrong – then choose the one that is your best informed/educated answer from those that remain
- Be careful about filling in the answer sheet. If you skip a question, make sure you leave a blank on the matching number on the answer sheet. Check occasionally to be sure your answer sheet number matches the question.
- If you have time you can go back and check your work.
- In most cases your first choice is the best one. If you do go back and change an answer be sure to erase completely.