



Testing Tips for Families and Students

Help Your Child Avoid Test Anxiety

The word **test** can cause a certain amount of stress in any student, no matter how well a student is doing in school. Confidence and a positive attitude are key to overcoming it — and parents can help on both counts.

Consider sports. You take your child to practice, where a student learns the rules of her game. You cheer for her to urge her toward success. When she does well, you celebrate. When she doesn't, you encourage her to practice and try again.

You can help your child overcome test anxiety the same way. First, talk about what the school is expecting her to learn and be able to do. You can find this out by talking to her teacher. Ask the teacher how you can help build your child's confidence — and what material you can review with her. Encourage your child every step along the way as she builds knowledge.

If you are preparing your child for state tests, ask his teacher how to help him understand what the tests will look like. Also, the teacher can explain how you can work with your child at home on the Ohio Department of Education's student practice resources and practice tests.

AIR Tests: <http://education.ohio.gov/Topics/Testing/Ohios-State-Test-in-ELA-Math-Science-SocialStudies/Sample-test-items-and-practice-tests>

It's important to remember that Ohio's State Tests are based on Ohio's Learning Standards. These standards lay out what students should know and be able to do in each grade. Ohio teachers choose questions for state tests that match what their students are learning in their classrooms. This is your child's opportunity to show what she has learned throughout the school year. Keeping this in mind, your child should go into test day with confidence.

Finally, put every test in its proper place. We should all try to do our best on a test, but we shouldn't allow the test to terrify us. No single test — even at the end of a school year — can have lifelong consequences for your child. Explain to your child that she wants to do well to show herself what she has learned — not to keep something terrible from happening. Your school should support her in the same way.

Helping your child build confidence and putting tests in their proper perspective will ease the pressure on your child when test days roll around. It also will give her a better overall school experience.

General Testing Tips for Students

- Carefully read and listen to the instructions
- Read the directions for each test carefully.
- Read each question carefully.
- Pace yourself—don't spend too much time on a single passage or question.
- Pay attention to the announcement of five minutes remaining on each test.
- Mark only one answer to each question, and for each question, make certain that you mark in the row of ovals with the same number as the question.
- For each question, decide which answer is *best*.
- Answer the easy questions first, and then go back and answer the more difficult ones if you have time remaining on that test.
- On difficult questions, eliminate as many incorrect answers as you can, then make an educated guess among those remaining.
- Answer every question. Your scores on the multiple-choice tests are based on the number of questions you answer correctly. You will not be penalized for guessing. It is to your advantage to answer every question even if you must make an educated guess.
- If you complete a test before time is called, recheck your work on that test. Do not look back to a test on which time has already been called, and do not go ahead to another test. To do so will disqualify you from the examination.

When time is called on any test, stop any typing and remove physical contact with key board or mouse discontinuing test session. If you do, you will be dismissed and your test will be invalidated and not scored.

Writing test tips:

- Before you begin working on the writing part of test, read all material in the provided in the test to understand what you are being asked to do.
- You may plan your essay on the unlined pages provided. They will not be scored. Only your writing on the computer in the designated writing area will be scored.