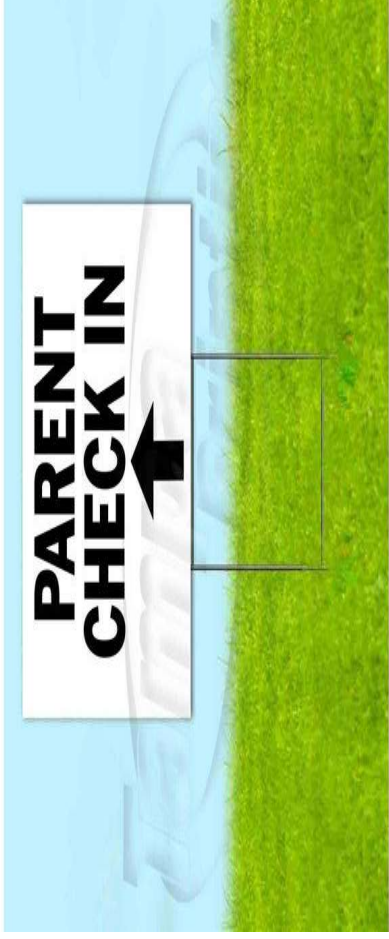




# Helping Your Child Prepare for Testing

WAYS YOU CAN GET YOUR CHILD READY FOR THE UPCOMING  
STANDARDIZED TESTING

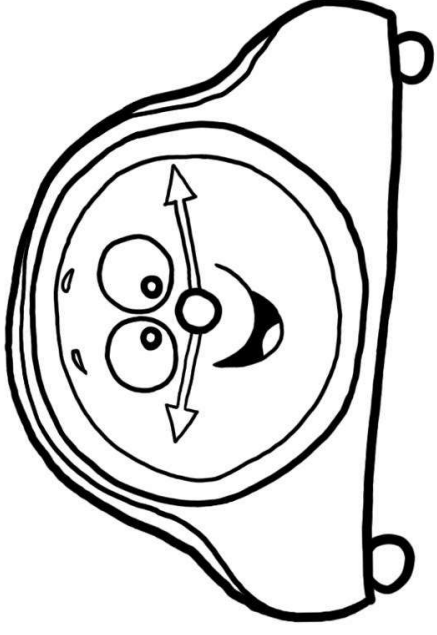


*It the current climate in which we live, it is important for us to be fully aware of what we are doing and where we are in a relaxed and undistracted state.*

How are you doing today?

What has brought you joy recently?

What is one self care behavior can incorporate into your routine in the next week?



**IT'S TIME!**

**Georgia Milestone Testing**

*April 12-27, 2022*

# What Do We Know About Testing?

- ▶ Standardized tests currently play a major role in the United States public schools.
- ▶ No matter what your personal feelings on high-stakes testing are, there is no escaping the reality that these assessments will be an important part of your child's academic experience.
- ▶ Tests are ultimately intended to be a measure of how well students have learned the material being taught in class.

# What Do Standardized Tests Measure?

- ▶ The tests provide a yardstick for educators to evaluate the performance of students and schools, measuring it against state and national standards.
- ▶ The tests generally fall into one of two categories: Achievement tests measure subject-specific knowledge, while Aptitude tests predict your child's ability to learn by measuring his mastery of school-success skills like reasoning or problem-solving.
- ▶ These tests can provide you and your child's teacher with insight into his progress, helping you identify areas for improvement.
- ▶ Standardized assessments also help schools and teachers decide where they need to focus more attention.

# Quick Facts About Georgia Milestones Assessment

- ▶ Georgia Milestones is a single assessment system that consists of end-of-grade measures in English language arts and mathematics in grades 3-8, end-of-grade measures in science in grades 5 and 8, end-of-grade measure in social studies in grade 8.
- ▶ The assessment includes open-ended (constructed response) items in English language arts in all grades and courses.
- ▶ A writing component (in response to passages read by students) is included at every grade level and course within the English language arts assessment.
- ▶ The four achievement levels are: **Beginning Learners** *do not yet demonstrate proficiency*; **Developing Learners** *demonstrate partial proficiency*; **Proficient Learners** *demonstrate proficiency*; **Distinguished Learners** *demonstrate advanced proficiency*.

As a parent, there are a number of ways that you can support your child before and after taking a standardized test, as well as a number of ways you can support your child's learning habits on a daily basis that will help her be more prepared when it's time to be tested.

# SUPPORT



# How Can You Help Your Child Prepare for Tests?

- ▶ **Encourage good study habits and challenge critical-thinking skills.** Good reading skills factor heavily in a timed test, so encourage reading (consider magazines, newspapers, or even comic books if he shies away from books) as much as possible. Testing also measures critical-thinking ability, so ask him/her to discuss ideas or voice his/her opinion often to stimulate these thought processes.
- ▶ **Look at your child's past performance.** If he/she scored low in a particular area, you may want to provide him/her with exercises that reinforce that subject. Aim for activities that simulate the testing experience, such as multiple choice geometry questions or vocabulary practice that asks him/her to identify antonyms or synonyms.



# How Can You Help Your Child Prepare for Tests?

- ▶ **Provide practice opportunities.**  
You may be able to request sample or practice tests from your child's school or find them at the library. Be sure to time any practice tests (assuming the standardized test will be timed) so he/she is not surprised by time constraints on test day.
- ▶ **If you have concerns about the test or testing situation, talk with your child's teacher.** Discuss your concerns with the teacher and/or school administrator.
- ▶ **Relax and remain positive.**  
The best test-takers are confident, committed, and at ease. Even if you are nervous about performance, be wary of transferring that concern to your child. You never know, some kids actually enjoy tests! If he/she is likely to get nervous, practice a few relaxation techniques, such as counting from one to ten or taking deep breaths, which can help him/her relieve tension during the test.



# On Test Day

- ▶ **Make sure your child gets a good night's sleep and eats a healthy breakfast.** Many teachers report that students who don't do well on tests haven't gotten enough sleep, and haven't eaten breakfast on the morning of the test. Doing both of these things will ensure that your child is working at full capacity (Narang, 2008).
- ▶ **Make sure your child is prepared.** Some schools may supply the tools your child needs for the test, such as pencils, an eraser, paper, and a calculator. Check with your child's teacher to see if you need to provide your child with any of these materials.



# After the Test

- ▶ **What about the results?** The test scores should include information that helps you interpret the results. Talk with your child's teacher if you have any questions about the test results. Be sure to participate if the school offers a testing information session to parents.
- ▶ **Review tests with your child.** Help your child review any parts of the test that he/she did not understand.

# On a Daily Basis

- ▶ Assist your child with homework and ensure that your child is completing all homework assignments.
- ▶ Help your child to develop good study habits, thinking skills, and a positive attitude towards education from an early age.
- ▶ Ensure that your child has good attendance at school.
- ▶ Stay in communication with your child's teacher.
- ▶ Encourage your child to read as much as possible, and to increase his/her vocabulary - even reading magazines, newspapers, and comic books regularly will help improve reading skills.
- ▶ Look for educational games and programs that engage your child.
- ▶ Help your child learn how to follow directions carefully.

