

## 5 Parent Tips for Supporting Students during Standardized Testing



Spring means standardized testing time at Centennial. Students in Grades 3-5 will take the ISAT. With the help of the following tips, you can ease your child's anxieties about the test process:

**Get the facts.** Find out the exact dates your child will be tested and which tests she will take this year. Once you know what's happening, you can help your child feel ready for what's ahead.

**Talk to your child.** Find out whether your child is feeling nervous and if so, why. Often children feel better when they voice their fears, so give your child a chance to talk about the process. If your child is afraid of failing or doing poorly, your reassurances will help him feel less frightened.

**Help your child practice.** If your child is familiar with the format of the test, she'll feel more prepared. There are links to practice tests on Centennial's school website, [www.lewistonschools.net/cen/](http://www.lewistonschools.net/cen/), under the Learning Links tab.

**Take care of the basics.** The night before the test, make sure that your child gets a good night's sleep, has plenty of time to get ready the morning of the test, and eats a healthy breakfast.

**Stay Positive.** While tests have increasing importance, they are just one measure of student learning, so try to keep the process in perspective. If you remain positive and encouraging, chances are your child will probably feel calmer and more confident on testing days.

