

# How do I help my child prepare for tests?



## Helpful test preparation tips:

- Find out test dates ahead of time.
- Find out what material will be covered.
- Managing shorter, more frequent times for studying for a test works best and eliminates feeling overwhelmed at the last minute. Schedule study time several evenings before a test.
- Know how long your child can concentrate at one time and schedule breaks. K-2 students usually need a break after about 15 minutes.
- Go over end of chapter questions, look at words that are in bold, and pay attention to maps, diagrams, and charts.
- Highlight key words, terms and definitions in notes and then study them.
- Make outlines of test materials in order to remember the main ideas.
- Invent your own questions from test material or notes and answer them.
- Meet with your child's teacher and ask for suggestions on activities you can do with your child at home prior to testing.
- Remember not to be too anxious about your child's test scores; your anxiety may pass on to them. Students who are afraid of failure are more likely to become upset prior to testing and thus make more mistakes.

## Use the STAR format when taking a test:

**S** – Survey the test to see what can be answered quickly

**T** – Take time to read directions carefully

**A** – Answer questions you can answer first and leave the more difficult ones for last

**R** – Reread questions and answers, making any necessary corrections

**Don't Forget!** Get enough rest and eat well before a test.  
Remember that it is better to go on to the next question if you get stuck,  
especially on a timed test.



## Overcoming the fear of testing:

- Practice relaxation techniques
- Visualize: have the student close his/her eyes and “visualize” doing well on the test
- Have the student practice taking a few deep breaths before beginning a test

## After the test:

- Review the test results with your child. It is an opportunity for them to discuss wrong answers with you, check on misunderstood questions, read comments written by the teacher, and see how well they used their time on the test and what they can change for future tests.

## References:

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LDA of Minnesota is the state affiliate of LDA of America, a non-profit organization of volunteers dedicated to identifying causes, promoting prevention of learning disabilities, and enhancing the quality of life for all individuals with learning disabilities and their families by encouraging effective identification and intervention, fostering research, and protecting their rights under law.