

# Suggestions for supporting your student at test time

*You want your child to do his best on important tests, and you can help. Here are a few suggestions on ways to support your child during test time:*



- **Keep to your regular routine.** Experts say that dramatic shifts from a child’s routine can have a negative impact on performance. That’s especially true for younger students who take comfort in regular bedtime rituals and meal routines.
- **Help your child prepare for testing** with a good night’s sleep, a nutritious breakfast, and a positive attitude.
- **Encourage your child to do her best.** Encouraging words and a positive attitude about your child’s test performance will go a long way toward calming test jitters. If you are anxious about your child’s performance, you may send the message that you think she is not capable or is unprepared to do well.
- **Make sure your child is in attendance and on time on test days.** Attendance is important every school day, but especially on test days when students get the opportunity to “show what they know.”
- **After the test, let your child know that you appreciate that he did his best.** Your encouragement will help your child gain confidence and encourage his or her best work.
- **Contact your child’s teacher if special circumstances may have affected test performance.** A child’s or parent’s illness or a family crisis may keep a student from doing her best work on a test. Communicate your concerns to your child’s teacher.
- **Be familiar with the testing schedule for your child’s grade.** Check the school system website or ask your child’s teacher for the testing calendar for this school year. Remember that, while days have been set aside for test administration, only a small amount of time— ranging from as little as one hour up to two hours— is actually spent testing on a given day.



**Gwinnett County Public Schools**

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