



North Carolina Parent Information and Resource Center (NCPIRC)

Parent Partners E-PIC

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## Tips to Help Your Child Prepare for Testing

Parents and families can help to create a positive test-taking experience and help students prepare for tests. Here are some ideas.

- Make sure your child gets enough sleep, eats properly, and gets to school on time. During test time, make this a special effort.
- Encourage your child to READ, READ, READ. No activity is linked to academic success as much as reading. Even the math portion on the state test uses word problems to test problem-solving ability.
- Write test dates on your home calendar. The state test schedule is online at [www.ncpublicschools.org/accountability/calendars/0708](http://www.ncpublicschools.org/accountability/calendars/0708).
- Talk with your child's teacher(s) often to see what you can do at home to support your child's work in school. Review all progress reports and report cards. Talk with your child's teacher if you have concerns.
- Review your child's previous year's test report.
- Encourage your child to participate in practice-test opportunities.
- If your child is having difficulty with a subject, call the school and ask if extra support in that subject is offered.
- Praise your children for working hard and for the things they do well.
- Set times each day for study and homework.
- Ask about homework every day, and check to see that it is completed.
- Give your child a quiet, well-lit, comfortable place to study.
- Help your child practice test questions. Review the test together so you will all get familiar with the expectations. Ask your child's teacher for copies of practice questions. Practice tests are also online at [www.ncpublicschools.org/accountability/parents](http://www.ncpublicschools.org/accountability/parents).
- If your child has a disability, meet with the Individualized Education Plan (IEP) Team or 504 Team to decide how your child will participate. A student with a disability is entitled to receive appropriate accommodations for test taking. Refer to "North Carolina Testing Students with Disabilities" to learn more about test accommodations and alternate assessments at [www.ncpublicschools.org/parents](http://www.ncpublicschools.org/parents).

Resources available:

- *Facts to Know...about North Carolina's Testing Program*- handout
- *Tips to Prepare Your Child for Testing*- handout
- *The ABC's of Testing- What Parents Need to Know*- workshop lasting approximately 1 hour

To request information or to schedule a workshop, please call NCPIRC at 1-800-962-6817 and ask for Cindy or Rita. For additional information about testing, go to [www.ncpublicschools.org/accountability](http://www.ncpublicschools.org/accountability) or contact your child's school.