



EDUCATIONAL MINUTE

Preparing Your Child for Test Taking

Elementary School Middle School High School

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Educational Minute tip sheets are intended for students and parents. They cover a variety of subjects and address different audiences. The tip sheets may be downloaded and distributed as paper copies or included in school newsletters or websites (please acknowledge **The Principal's Office/The Ohio State University** as the source of the information).

If you have tip sheet ideas, please let us know (principal@osu.edu).

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Does your child dread testing days at school? Are you concerned about how to prepare your child for those “big tests”? Dr. Heather Davis says, “Test taking can be stressful. Students can experience lots of emotions around tests, including frustration, anxiety and even anger. But you can help.” Dr. Davis suggests the following:

- Talk about ways to study with your child. Sometimes children don't know how to study or how to remember.
- Help structure study time and ask them questions about the material.
- Talk about how to handle tough questions. Practice reading all the way through the question and pinpointing what's important. See if your school has some practice tests you can use.
- Try to reduce pressure for children who worry. Talk calmly about the test and help them balance what's important in their lives. We want to help our children but sometimes we can try too hard. Relax.

With some low-pressure practice and help from you, your child can handle the emotions of test taking.

More about this topic: <http://p12.osu.edu/reports/scholars-davis.pdf>

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