

## **Homework/Study Skills**

### **Reduce your child's anxiety over taking standardized tests**

Whether schools use standardized tests to assess students, teachers or both, the exams usually cause stress for parents, too. To ease the pressure on your family:

- \* Learn about the test. Ask what subjects it will cover. Likely topics are math, language arts and reading.
- \* Ask about preparation. The teacher may send home a "practice test" or provide information to review.
- \* Understand results. Find out how the scores will be used. How might a particularly low or high score affect your child?
- \* Consider accommodations. If your child receives special services, this may influence how the test is administered.
- \* Practice following directions. When studying at home, have your child read directions carefully. Check to make sure he understands them.
- \* Set a timer during math homework to help your child get comfortable with "timed tests."
- \* Relax. Make sure your child gets plenty of sleep and nutritious food. Provide happy distractions from stress, such as family walks.

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