

## Helpful Hints for STAR Testing

As the STAR test approaches I wanted to share a few ideas to help your child be successful during the test. Remember, only 2<sup>nd</sup> – 5<sup>th</sup> graders will be tested. The test will take place between April 20 – May 1.

1. Make sure that your child is in school during the testing sessions. Do not plan any doctor or dental appointments on test dates.
2. Make sure that your child eats his/her usual breakfast on the day of the test. Hunger can detract from a good test performance
3. Make sure your child gets enough sleep for school, especially on test days. Your child's memory recall will be much better if you've had enough rest. In a scientific study, people who got enough sleep before taking a math test did better than those who stayed up all night studying. Make sure that over the weekend your child is going to sleep on time and not staying up late. This will help them create a consistent pattern and ensure that they are not tired on Monday.
4. Put the test in context. Remind your child that these kinds of tests are part of the routine of school. Tell them that you took them when you were in school and your child, no doubt, will face them a number of times throughout his or her school. Filling in those little boxes or circles with #2 lead pencils is something they'll have to do for years to come!
5. Most importantly, build your child's confidence and let them know you can't wait to hear about the test and what it was like. Refrain from asking how well they feel they did or didn't do. Because a test is "different" children often think they didn't do well when in fact they probably did just fine. Focus the conversation on what the test was like and what they plan on doing the next day on the test.

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