

Relax. Rest. Then, do your best!



Feeling a little stressed about the ELA and Math exams is normal, but all we want is for children to try hard and do their best work. These tips and techniques can empower your child to confront this challenge and other tests they will face in school and beyond.



Get enough sleep. Make sure your child gets 8-10 hours of sleep per night. A good night's rest helps ensure children have the energy and stamina to make it through the test.

Eat a healthy breakfast. Start the day with a meal that includes complex carbohydrates and protein, at home or at school, before the test.

Exercise. Physical activity helps improve attention and how quickly students process information. Exercise leading up to test day can be excellent mental preparation.

Relax and have fun the night before. Instead of “cramming,” encourage your child to do something enjoyable the night before a big test—whether it’s playing a board game or enjoying an outdoor activity as a family.

Write it down. Suggest your child write about their test stress for 5-10 minutes. Getting it all down on paper can be an empowering way to frame positive thoughts as well, such as “I did a really good job on the ELA practice test.”

Think positive. Help your child practice this: When you start to feel stressed, take slow, deep breaths and think of something that makes you happy for 10-20 seconds. Children can use this technique in the middle of a test to regain focus if they feel stressed.

Do your best. Let your child know there may be questions they don’t know the answer to. Suggest they skip these questions and revisit them later when they can perhaps spend a little more time on them.

COMMON CORE MATH & ELA TESTS

Starting April 16th to April 26th, 2013, the state assessments in English Language Arts (ELA) and math for grades 3-8 will be based on the shifts to the Common Core standards.

The tests may seem more difficult at first, as students and teachers adjust to the new, more rigorous expectations.

There is a chance that the scores could drop in the first and second year of the tests, but remember that these tests are an important tool to help teachers see where students need extra support to move on to the next grade level.

Because the instruction leading up to the tests and the tests themselves are different, a drop in student scores should not be interpreted as failure on the part of your child to learn or the teacher to teach.

For more information on the Common Core, visit:
rcsdk12.org/commoncore