



# PARENT TIPS:

## HELPING YOUR CHILD WITH TEST TAKING SKILLS



- Space studying over days and weeks. Have your child to start now in reviewing any Georgia Performance Standards he/she had difficulty on.
- Have your child review previous tests, notes, and classwork/ homework assignments.
- Do not allow your child to cram the night before – cramming increases anxiety, which interferes with clear thinking.
- Have your child get adequate rest for the testing by going to bed at a reasonable time.
- Encourage your child to stay relaxed, if you child gets nervous tell them to take a few deep breaths slowly to relax themselves.
- If your child is continuing to experience test anxiety, seek help from your school counselor.
- Encourage your child to think positive thoughts (ex. “I can do this and I am well prepared!”)
- Nutrition also influences how well children do on test; a good breakfast is important, but a large meal right before the test can be distracting.
- Make sure your child arrive to school early for the testing.
- Encourage your child to listen carefully to all test-taking directions given.
- Encourage your child to ask questions about directions that may be unclear.
- Make sure that your child is in school during the testing sessions. Avoid scheduling any doctor or dental appointments on test dates.

### Parent Resources

Here are some additional parent and student resources provided by Georgia Department of Education (GADOE) website:

Georgia Milestones Assessment (EOG/EOC)	<a href="https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/Milestones_Resources.aspx">https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/Milestones_Resources.aspx</a>
Georgia Online Practice Test	<a href="http://www.gaexperienceonline.com/">http://www.gaexperienceonline.com/</a>
Georgia Alternate Assessment (GAA 2.0)	<a href="https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/GAA-2.0-Resources.aspx">https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/GAA-2.0-Resources.aspx</a>
ACCESS for ELL/WIDA	<a href="https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/ACCESS_for_ELLs_Resources.aspx">https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/ACCESS_for_ELLs_Resources.aspx</a>
GKIDS 2.0	<a href="https://gkidsparent.gadoe.org/Pages/Home.aspx">https://gkidsparent.gadoe.org/Pages/Home.aspx</a>
BEACON	<a href="https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/BEACON_Resources.aspx">https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/BEACON_Resources.aspx</a>
College Readiness Assessment (AP,SAT,PSAT or ACT)	<a href="https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Pages/College-Readiness-Testing-Resources.aspx">https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/Pages/College-Readiness-Testing-Resources.aspx</a>

For any additional information, you may contact your child’s school or the district office at 478-456-3324