Preparing Your Child for Standardized Testing
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By middle school, a student has experienced many standardized tests such as the state achievement test (ISAT), Stanford Achievement Tests, or the Tungsten. Standardized test performance is used for many purposes that will affect your child, your school, and your community. For example, your child will be selected for certain programs or opportunities based at least partly on their test scores. School are judged and subjected to negative consequences based on student test scores. Real estate values are impacted by average test scores in communities. Preparation for standardized testing begins on the day the student starts school. Your child will be preparing for standardized testing nearly everyday they attend school. Teaching is focused on the skills that the student will be tested on in the standardized test. Two forms of preparation are involved; long term and short term. As a parent, your involvement in both forms is very important.

Long Term Preparation:
- Attendance is critical. When a child misses school, learning and instruction about state standards is missed. Make-up homework does not provide the same instruction that is provided in the classroom. Plan trips around the school schedule so your child does not miss school.
- Doing homework helps solidify the knowledge that is tested. Parents can help their children with homework.
- By developing good study habits and sleep habits, a student is has a positive routine that will help them when they have to take tests. Parents can help their children develop good study habits and sleep habits.

Short Term Preparation:
- The night before testing, your child may be stressed about the upcoming test. Talk with your child about his/her fears and the test itself. Keep your discussion positive about testing and stay calm. Research has shown high test anxiety can negatively impact a student’s test performance.
- Sleep is important and a good night’s sleep will help your child.
- A healthy breakfast provides energy and mental alertness. High fat foods can cause grogginess and should be avoided.
- The morning of the test provide a calm atmosphere with no rushing. By getting to school on time, your child will have a good start.

Your parenting has a big influence on your child’s education. By simply supporting your child’s education in and out of school, you are preparing your child for standardized testing. Following these long and short term suggestions will help children do their best.

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