



Coping With High-Stakes Tests

- ▶ Help your child to be calm, focused, and rested on test day. This begins with a good night's sleep.
- ▶ Prepare any needed materials ahead of schedule, and take time for a good breakfast before the exam.
- ▶ Remind your children that you support their effort and that daily performance is a much better indicator of aptitude than a single test.
- ▶ Plan a post-exam activity your child enjoys as a reward for his or her hard work.

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