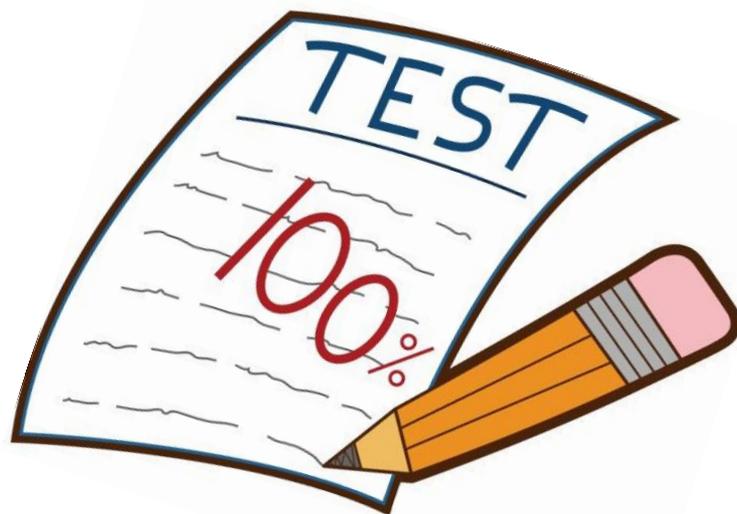


PREPARING FOR STAAR TESTING



Tips for Students the Night Before, and the Morning of.....

- Eat a well-balance dinner
- Get enough sleep the night before the test. ...
- Wake up and stretch your body
- Eat a well-balance breakfast
- Arrive to school on time
- Listen closely to any instructions. ...
- Focus on addressing each question individually. ...
- Relax. ... If you find your mind wondering take a deep breath and begin again
- Remember NO talking...
- Finished already? Go back and check your answers again.



Tips for PARENTS to help their students before testing.....

1. Try not to put too much pressure on the student. Reinforce that as long as they worked hard in preparation and did their absolute best you will be proud of them.
2. Have the child visualize success. Encourage them to rehearse what it will feel like to get a good score on the test.
3. Work with them to focus on breathing. Stress is often caused by insufficient oxygen to the brain. Work with the student to take time before the test begins to take a number of deep, cleansing breaths, exhaling slowly. Focusing on breathing by taking some time when stress levels rise helps to focus the mind during testing.
4. Try to use positive language when talking about expectations of the test. Do not overinflate the student's expectations but also try to avoid negative wording (e.g. replace "you are going to fail this test if you don't study" with "if you don't study you aren't going to pass this test.")
5. Plan for a fun outing or treat for your child after the test has been completed.
6. Keep a positive attitude about testing in general around your child and emphasize their ability to demonstrate what they have learned rather than the consequences of not passing.