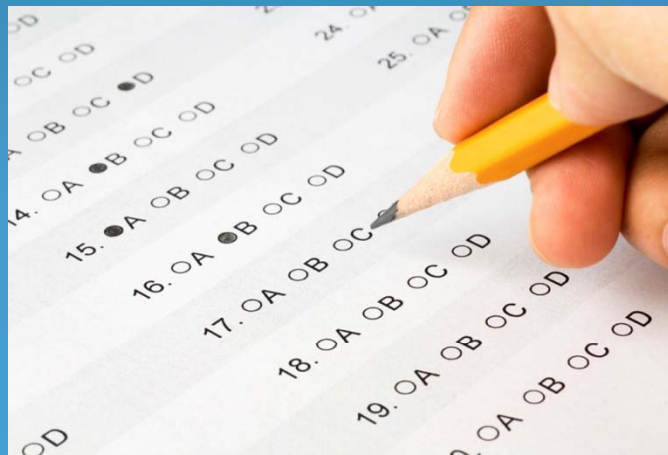


# PACT CHAT

## February 16, 2011

Preparing your child for STAR testing.





# Test Preparation Skills

- Review the test components
- Review formal testing vocabulary
- Take practice tests to get familiar with Scantron, multiple choice, and test format
- **Sleep the night before a test**
- Eat a healthy meal before the test
- Exercise 30 minutes before a test
- Go into the test relaxed and with a positive attitude
- Read directions



# Review Test Components

- Determine what standards are emphasized and tested the most.
- Review which standards your child has covered
- Use this information to prepare your child for what types of questions will be asked and how many.
- Ca Department of Education website: STAR Information [www.cde.ca.gov/ta/tg/sr/resources.asp](http://www.cde.ca.gov/ta/tg/sr/resources.asp)
- STAR Blueprints display the number of questions for each standard/strand:  
[www.cde.ca.gov/ta/tg/sr/blueprints.asp](http://www.cde.ca.gov/ta/tg/sr/blueprints.asp)



# Testing Vocabulary

- Standardized tests use formal vocabulary that we may not use in daily teaching situations.
- Reviewing test language/vocabulary will make your child feel more comfortable when posed with a question using formal language.
- Word knowledge is power!
- Handouts are available.



# Benefits of Practice Tests

- “I used the practice tests with my kids and it helped me know exactly what they knew, what they didn't know, and sometimes the testing language was different than what we used so it helped us clarify.”
- Use Scantron sheets to get your child comfortable with filling in bubbles for answers and transferring accurately.
- Practice tests familiarize students with the look and format of tests.



# Healthy Bodies

- Help your student get adequate sleep the night before and on a consistent sleep schedule for testing.
- A healthy breakfast with protein and whole grains will keep your child satisfied and thinking until lunch.
- Avoid sugary foods for breakfast- check labels for sugar content
- Bring a healthy snack and water for the break between tests.



# Exercise and the Brain

- Cross body exercise prepares the body for critical thinking and problem solving.
- Exercise helps to lower stress levels
  - 24-14-10
  - Infinity walk
  - Crunches
  - Twists
  - Square breathing



# Relaxed and Positive

- Prepare your student by discussing the test and how it will help us see how much they have learned versus test their knowledge.
- If you have a positive attitude, then they will have one as well.
- Show that you value their effort by valuing their time spent completing the test.
- Ask them to do their best.



# Read Directions

- Familiarity with the test format will help students feel more comfortable.
- Give them practice reading and following directions. This can be made into a learning game to get them to really understand the importance of it.
  - Writing out directions that you have to follow.
  - Recipe and cooking
  - Blind folded and following directions.

# Parent Ideas

Please share the best practices you have found.

