



How to Help your Student Prepare for the State Assessment

General Preparation

- When possible, it is beneficial to establish a daily routine for meals, homework, chores, bedtime, and family time
- Provide students with a designated study area at home
- Encourage students to practice good study habits and set aside time every day for homework
- Ensure students get a good night's sleep and a nutritious breakfast before taking a test
- Offer praise and encouragement for achievement and improvement
- Share your enthusiasm and interest in reading, mathematics, and science with your children.



General Test Preparation

- Make sure students have an opportunity to become familiar with the format of the test.
 - There is a link to practice tests and sample items on the Assessment Information for Families Webpage.
- Remind students to listen to and read all directions and to tackle the test one question at a time instead of thinking about the entire test
- Review Test-Taking Strategies. There are strategies that will help your child do their best on an exam
 - Arrives on time and stay relaxed
 - Encourage students to answer all test questions
 - Guessing is alright – it is best to eliminate any answers they know are incorrect first and they chose the best answer from what is left
 - Skip a question – better to skip a question that they are stuck on, flag it, and come back to it later than to spend lots of time on something they don't understand or is causing stress
 - Leave time at the end to look over your work. Did you answer every question?
- Remind students to think positively. Being in the right mindset can make all the difference. Encourage your child to think positively when heading into an exam
- Remind your student a test is not a race. Don't worry if others finish before first. They should focus on the test in front of them.



English Language Arts (ELA) Test Preparation

- Read to students and encourage them to read to you
- Have students try crossword puzzles
- Encourage students to read the newspaper, magazines, and recreational books; and to discuss what they have read
- Discuss the events and stories you read about
- Play games that involve spelling and vocabulary (scrabble, apples to apples, boggle, balderdash, etc.)



Mathematics Test Preparation

- Play games that involve numbers and/or computation
- Encourage students to make connections between their everyday lives and what they are learning in math class
- Encourage the use of math everyday through measuring recipes, adding prices at the store, creating a budget, explaining graphs and charts in the newspaper or magazine articles, and taking measurements while doing home projects or sewing



Science Test Preparation

- Encourage participation in science competitions, fairs, and other activities
- Explore nature centers, zoos, and science museums
- Watch programming that shows the wide variety and interesting things going on in science. (Comos, Modern-Marvels, Myth-Busters, Shark-Week, etc.)



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