



# How to Help your Student Prepare for the State Assessment

## General Preparation

- Establish a daily routine for meals, homework, chores, bedtime, and free 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 effort, achievement, and improvement.
- Share your enthusiasm and interest in reading, mathematics, science, and social studies with your children.

## General Test Preparation

- Give students an opportunity to become familiar with the format of the test. Visit the [Assessment Resources for Families webpage](#) for practice test information.
- Discuss test taking strategies with your student such as:
  - Listen to and read all directions.
  - Tackle the test one question at a time instead of worrying about the entire test.
  - Arrive on time with a positive attitude and stay relaxed.
  - Answer all test questions.
  - Eliminate incorrect answers, then choose the best answer from what is left.
  - Do not stay on a question for too long. If unable to work out a difficult or unknown question, flag the question and come back to it later.
  - Leave time at the end to look over the answers to be sure every question has been answered.
- Remind students that a test is not a race. Focus on the test and do not worry if other students finish first.

## English Language Arts (ELA) Test Preparation

- Read to students and encourage them to read to you every day.
- Encourage students to read (news articles, magazines, websites, books, etc.) and 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.).
- Encourage activities like crosswords and word searches.

## Mathematics Test Preparation

- Play games that involve numbers and/or computation (Yahtzee, Sequence, Rummikub, Qwirkle, KenKen, Sudoku, etc.).
- Make connections between math and everyday life through measuring ingredients during baking or cooking, spending within a budget (\$10 to get certain items at the grocery store), calculating sale prices (20% off marked price) while shopping, 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 your student to participate in science competitions, fairs, and other activities.
- Explore nature centers, zoos, and science museums.
- Watch programming that showcases the wide variety and interesting things in science (Sid the Science Kid, The Ruff Ruffman Show, Octonauts, Xploration, Cosmos, Modern-Marvels, Myth-Busters, Planet Earth, Shark-Week, Nova, etc.).
- Play games that involve animals and other scientific ideas (Operation, Memory, Guess Who, maze games, kids chemistry sets, etc.).

## Social Studies Test Preparation

- Talk to your student about other cities, countries, cultures, foods, traditions, etc.
- Discuss current events with your student.
- Explore different kinds of museums (maritime, historical homes/buildings, living history, archaeology, art, encyclopedic, natural history, transportation, etc.).
- Watch programming that showcases interesting ideas, people, places, history, current events (Luna Around the World, History Detectives, Where Did it Come From, The States, Carmen Sandiego, Expedition Unknown, National Geographic Kids, etc.).
- Play games that involve history, government, travel, economics, and behavior (Memory, Geocaching, Archeology, Monopoly, etc.).



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