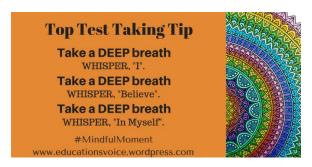
Causeway Galveston Presents: How to Help Students Prepare for Tests



Tips for Before the Test:

- Help your child in areas that are difficult for him/her
- If you have concerns about the test or testing situation, talk with your child's teacher
- Introduce and practice mindfulness activities they can use before and during the test

Tips for the Day of the Test:

- Make sure your child gets a good night's sleep and eats a healthy breakfast
- Make sure your child is prepared
- Remain positive
- Review Mindfulness Activities

On a Daily Basis:

- Assisting your child with homework and ensuring that your child is completing all homework assignments
- Helping them to develop good study habits, thinking skills, and a positive attitude towards education from an early age
- Ensuring that your child has good attendance at school
- Staying in communication with your child's teacher
- Encouraging your child to read as much as possible, and to increase their vocabulary even reading magazines, newspapers, and comic books regularly will help improve their reading skills
- Looking for educational games and programs that engage your child
- Helping your child learn how to follow directions carefully (Dietel, 2008; IRA (2002); Narang, 2008).

Resources:

https://positivepsychologyprogram.com/mindfulness-exercises-techniques-activities/ https://www.thepathway2success.com/10-mindfulness-activities-you-can-try-today/ http://www.pbs.org/parents/education/going-to-school/supporting-your-learner/test-prep/