

*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/>