



## FAMILY AND COMMUNITY ENGAGEMENT OFFICE



### PARENT TIPS PREPARING YOUR CHILD FOR STAR TESTING

Every spring, students throughout California participate in the Standardized Testing and Reporting (STAR) program. The STAR Tests measure a student's progress towards achievement of California's Academic Content Standards in English/Language Arts, Mathematics, History/Social Science, and Science.

All parents want their children to do well in school. You play an important part in helping your child give their best performance on the STAR Test. Here are a few tips:



#### THE NIGHT BEFORE:

- Make sure that your child gets a good night's sleep.
- Be encouraging - let your child know that you think he/she will do well on the test.
- Plan for the morning ahead – lay out clothes to wear; have backpack ready to go.



#### THE DAY OF THE TEST:

- Get up early to avoid rushing.
- Have your child eat a good breakfast. Remember – sugary foods can make your child drowsy.
- Have your child dress in something comfortable.
- If your child wears an assistive device, such as a hearing aide or glasses, be sure that he/she remembers to wear them to school.

- Be sure that your child attends school each day and arrives on time. Please try to avoid scheduling doctor or dental appointments on test days.
- Be positive and supportive. Acknowledge that test taking can be hard and explain that doing your best is what counts.
- Send your child off to school feeling confident. “You’ll do a great job!”; “Believe in yourself!” and “I love you!” are always nice to hear.



**AFTER EACH TEST DAY:**

- Talk to your child about his or her feelings about the test, making sure that you acknowledge that taking a test is a great effort.
- Talk about what was easy and what was hard; ask what your child may have learned about taking the test.
- Let your child know how proud you are of them.



**WHEN YOU RECEIVE THE TEST RESULTS:**

- Sit down with your child and go over the test results and what they mean. Talk about areas of success and the areas that are challenging.
- Talk with your child about three things he/she will work on in the upcoming school year.