

You Can Help Your Child Do Better on CST Tests....



1. Make sure you know when the tests will be given and what subject areas will be included.
2. Do not plan activities, appointments, or early pick-ups that will take your child away from school on testing days.
3. Discuss the coming tests with your child and put your child at ease. Tell your child that the most important thing is to do his/her best.
4. Make sure your child gets a good night's sleep (9-10 hours) before every test.
5. Provide an unrushed, healthy breakfast on test days.
6. Dress your child comfortably in layers, so he/she won't be too hot or too cold.
7. Arrive at school on time.
8. Remind your child to read all directions carefully and to look at all the answers before choosing one.
9. Tell your child to check his/her answers before turning in the test.
10. Send your child off with confidence, using words of support and praise.