

Helpers for Young Test-Takers

The *Stanford Achievement Test*, Tenth Edition (Stanford 10) has several helpers to make your child feel more comfortable with test-taking and to guide your child through the test.

Your school may be using the Practice Test a few days before the Stanford 10 is given. The purpose of the Practice Test is to help children get used to the types of directions and questions they will see on the actual test.

Pictures are used in the test booklet to help guide young children through the test. Within the test booklet, each subtest is marked with its own symbol, so children can make sure they're in the right place in the test booklet.

These features of the Stanford 10 may help your child feel more at ease with test taking and do his or her best. Some ways you can help prepare your child for the test-taking experience are explained below.

How to Prepare Your Child to Take the Stanford 10

Here are some things your child can do:

- REST** Get a good night's sleep before taking the Stanford 10.
- EAT** A good breakfast on the morning that you take the Stanford 10 is important. Activities such as those on the Stanford 10 use a lot of energy.
- LISTEN** Listen carefully to the directions the teacher gives and follow them exactly. If you don't understand what to do, ask the teacher to repeat the directions or to explain them again.
- TRY** Do your best. You are not expected to know the answer to every question. Some of the questions may seem hard, but keep trying and don't give up.

Here are some things you can do:

- DISCUSS** Help your child understand that the Stanford 10 provides a chance to show what a student knows about a subject and how the teacher can best help the student to learn. Make sure your child understands that the Stanford 10 scores simply give information. They will not be used to reward or punish students.
- SUPPORT** See that your child keeps up regular study habits, but don't ask for extra study time for the Stanford 10. It covers more schoolwork than can be learned in a few hours.
- RELAX** Reassure your child about the test-taking experience. Students who are calm and sure of themselves do better.

You probably will be hearing from the school about how your child did on the Stanford 10. The school should be able to answer any questions you may have.