



News

from the MNPS Public Information Office

Metropolitan Nashville Public Schools

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MNPS Reminder for Parents: Tips for Test-Taking

NASHVILLE, Tenn. (Feb. 1, 2008) – Standardized tests are right around the corner, and MNPS wants to remind parents of important test dates and share useful test taking tips to ensure their child's success.

Important upcoming MNPS test dates are:

- Feb. 6 TCAP Writing Assessments
- Feb. 9 ACT
- Feb. 12-14 TCAP Competency Test
- March 1 SAT
- April 7-18 TCAP Achievement Test
- April 12 ACT
- May 3 SAT
- May 6-8 Gateway Exams

For a list of all 2008 spring test dates, visit www.mnps.org.

There are several steps parents can take to help maximize their child's performance on standardized tests. Parents can make sure their child gets a good night's rest and eats a healthy breakfast. Parents should keep a positive attitude about tests, mark down test dates on their calendar so they and their child are aware of testing dates, and make sure their child gets up early enough so he or she is on time. It is also important for parents to talk with their child about tests to help reduce stress about test-taking, praise their child when he or she performs well on a test, and encourage him or her to try harder if he or she doesn't do well on a test.

Students can also take steps to help them perform better on test day, such as arrive early on test day, be comfortable but alert, and stay relaxed and confident. When nerves take over, students should remember to take several slow, deep breaths and relax. During the test, students should try to answer questions in a strategic order; that is, answer the easy questions first to build confidence and tackle the difficult questions last. A final step for students is to review their tests after completion, making sure they did not forget to answer any questions, miss-mark any answers, or made any other type of careless mistake.

These few simple steps could help middle Tennessee children perform better on upcoming tests.

Metro Nashville Public Schools provide a range of educational opportunities to more than 75,000 students in Nashville and Davidson County. The governing body for MNPS is the Metropolitan Nashville and Davidson County Board of Public Education, a nine-member group elected by residents of Metropolitan Nashville. For more information, please visit www.mnps.org.

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