

Parents: Helping Your Children do their Best on SOL Assessments

- ☑ Display a positive attitude about the SOL tests.
 - ☑ Review your child's curriculum and/or the SOL Blueprints - talk to your child about what he or she is learning. Help your child learn.
 - ☑ Make sure your child understands the value you place on his or her achievement.
 - ☑ Encourage your child to stay relaxed and calm during the SOL tests. All you expect from him/her is that they do their best.
 - ☑ Make sure your child gets a good night's sleep and eats a good breakfast.
 - ☑ Remind your child to bring his or her glasses to school on all of the testing days. Encourage your child to wear comfortable clothing. New clothes or shoes they may not be happy about may be distracting.
 - ☑ Make sure your child is at school on time so that he or she won't feel rushed on the testing days.
 - ☑ Encourage your child to try hard and do his or her best every day in school.
 - ☑ Remind your child that the tests are not timed and that he/she should take their time, review their answers and make sure they've answered all questions before exiting the test.
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