



# SST8 Family Newsletter

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## Supporting Your Student during Test-Taking Season

It's that time of year again – state assessment season. All students participate in a variety of tests throughout the school year. Some are informal and are used to help teachers design and refine instruction; they do not have an impact on your child's educational progress or on the building/district's ratings. Educators refer to these as "formative" assessments, and they can happen at any time during the year. Sometimes, students won't even realize they are being tested! But starting in the spring and lasting through the end of the school year, many students will participate in "summative" assessments, which are used to summarize a student's learning in one or more areas of the curriculum. These can range from Ohio's State Tests, End-of-Course exams, Graduation Tests, Career-Tech Web Exams, ACT/SAT, and Alternate Assessment. These tests are sometimes referred to as "high-stakes" tests, because they are used to evaluate student learning, teacher effectiveness, and school performance.

Not surprisingly, testing season can be a stressful time of year for nearly everyone in the school system. Parents play an important role in ensuring that students approach this time of year with confidence and calm. Make sure you take time to [familiarize yourself with the testing your student will experience this Spring](#), and consider these Do's and Don'ts to support him or her through the process.

**Do**



- Talk openly with your student about testing. Explain that tests are yardsticks that teachers, schools, school districts and even states use to measure what and how they teach and how well students are learning what is taught.

Most tests are designed and given by teachers to measure students' learning progress, so that educators can ensure that every student gets what they need.

Tell your student that occasionally, he will take "standardized" tests. Explain that these tests use the same standards to measure student performance across the state or even across the country. Every student takes the same test according to the same rules. This makes it possible to measure each student's performance against that of others.

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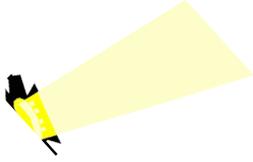
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- Encourage your student by praising effort and hard work, rather than being smart. Remind them that test scores are a form of feedback to help improve their performance, not to evaluate whether they are a “good student.” This will help your student develop a growth mindset, where he or she believes that success comes from effort rather than luck or ability. Individuals with a growth mindset are less fearful of failure and more willing to take on challenges and risks.
- Meet with your student’s teacher(s) as often as possible to discuss his progress, and ask for recommendations on ways you can support and extend learning at home.
- Ensure that your student attends school regularly. The more effort and energy your student puts into learning, and the more comfortable the child is in the school environment, the more likely it is that she will do well on tests.
- Try to limit your student’s extracurricular schedule during peak testing periods. Provide a quiet, comfortable place for studying at home and make sure that your student is well rested on school days and especially on the day of a test. Children who are tired are less able to pay attention in class or to handle the demands of a test.
- Consider subscribing to a magazine or checking out library books related to your student’s areas of interest. By reading new materials, your student may learn new vocabulary words that may appear on a test.
- Combat anxiety by helping your student develop a testing “mantra” they can tell themselves to keep calm, such as “it will be over by dinnertime,” “I’ve gotten so much better at this than last year,” “tests are hard for everyone,” or “if I get this question wrong, it is only one question out of many.”

**Don't**



- Don't focus too much on any single test score. Many things can influence how your student performs on a test, including nervousness, interactions with friends, environmental factors during testing, etc. Remember, one test is simply one test. Educators look at a student’s performance across many tests, as well as on everyday classroom tasks, to evaluate their learning and progress.
- Don't place so much emphasis on your student’s test scores that you lose sight of his well-being. Too much pressure can negatively affect test performance or lead your student to believe that their test performance determines how you feel about them.
- Don't encourage your student to “cram” the night before. This will likely increase anxiety, which will interfere with clear thinking. Most end-of-year exams test students’ knowledge from a semester or year’s worth of learning, which cannot be mastered the night before. If your student expresses feelings of nervousness the day before testing, physical activity (e.g., running, jumping on a trampoline, dancing), yoga, or meditation may be a good substitute for the desire to “cram.”



# Summit County Juvenile Court

“The Summit County Juvenile Court strives to serve the best interests of our children, through outreach, early intervention, community education and innovative programming, while fairly administering justice to all whose lives have been impacted by the juvenile justice system.”

The Summit County Juvenile Court system offers many programs geared at children, parents and families to strengthen and improve the family unit.

Some programs offered are:

**The Crossroads Program** - Serves children with substance abuse/dependent programs and mental illness, most commonly referred to as “co-occurring disorders.”

**Thinking for a Change** - Is a cognitive behavioral therapy program for youth involved with the Juvenile Court’s traditional probation department.

**New Paths Program** - Is a specialized intervention service offered to families of children with a developmental disability or cognitive delay.

**SAFTE - Staying Accident Free Through Education** is a voluntary diversion and education program for first-time juvenile traffic offenders. The program also seeks to educate parents and guardians on the dangers commonly experienced by juvenile drivers, as well as the parental responsibilities for the juvenile driver.

**Victim Impact Panel** - A monthly program offered through the Juvenile Court’s Intake Office for youth who have been charged as a delinquent. The goals of the program are to guide youth by taking responsibility for their actions, and help them make better decisions and become productive members of the community.

The Summit County Juvenile Court is located at:

**650 Dan Street, Akron, OH 44310**

**330 643-2900**

**Website:** <https://juvenilecourt.summitoh.net/>

## April PAC Meeting

April 18, 2018 - will be the last PAC Meeting for this school year. Mr. Gary Tonks, Exec. Director of the Arc of Ohio will present in an open forum. You will learn about legislative issues, waivers, changes and updates in DD and Medicaid services along with any questions you may have. The meeting is from 9:30 am - 1:30 pm at Summit ESC. RSVP if you plan on attending to Alice Doyle at: [aliced@sst8.org](mailto:aliced@sst8.org) or 330 929-6634 ext. 511232 by April 13, 2018.

Any questions? Contact Marianne Lesko, contact SST8's PAC Consultant Marianne Lesko [PAC@sst8.org](mailto:PAC@sst8.org) or 330 929-6634, extension 513927.

### Contact Us

**State Support Team Region 8**

**420 Washington Ave.**

**Cuyahoga Falls, OH 44221**

**(330) 929-6634      [sst8.org](http://sst8.org)**



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