



# News

from the MNPS Public Information Office

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## **MNPS Reminder for Parents: Tips for Test-Taking**

NASHVILLE, Tenn. (April 14, 2009) – The Tennessee Comprehensive Assessment Program, better known as TCAP, begins next week for Metro Nashville public school students grades 3 – 8. April 20-24, students will complete several standardized tests that will be used by the district and the state to determine the level of student proficiency and achievement in math, science, social studies, reading and language arts.

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.

In preparation for TCAPs, several MNPS schools got creative, helping students practice for the tests through various special programs. Some of the learning techniques included TCAP Bootcamp, TCAP Family Nights, quiz games, competitions among students, special conferences, special learning labs, and much more.

Metropolitan 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](http://www.mnps.org).

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