



**MBES**

# Counselor's Corner

## Welcome to Medlock Bridge's Counselor Newsletter!

This month all 3<sup>rd</sup> and 5<sup>th</sup> grade students will be taking the Iowa Test of Basic Skills (ITBS). For our 3<sup>rd</sup> graders, this will be their first time taking a standardized test. The teachers are working hard to prepare them at school and here are some tips on how you can help your child prepare at home...

### **Be Prepared**

Many teachers will send home information about the test schedule and how the class is preparing for the test.

### **Help your child in the areas that are difficult for him/her**

Provide extra practice in the subject areas that your child has struggled with in the past. There are many workbooks that help with test preparation.

### **Give your child a chance to practice**

If your child has trouble taking tests, try practice questions and studying new words. It is also helpful to have them practice bubbling in their answers. Keep the sessions brief and set small goals. This will help your child feel successful.



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## On the Test Day

**Make sure your child gets a good night's sleep and eats a healthy breakfast**

Doing both of these things will ensure that your child is working at full capacity. Also, please do not schedule doctor's appointments on testing days.

**Remain positive**

By staying calm you will help your child remain calm. If you think your child might be nervous during the test, help him/her practice relaxation techniques.

**In addition to these strategies, here are some every day tips...**

- ❖ **Assist your child with their homework. Make sure he/she is completing it correctly.**
- ❖ **Help him/her develop good study habits and a positive attitude about school.**
- ❖ **Ensure your child has good attendance.**
- ❖ **Stay in communication with your child's teacher.**
- ❖ **Have your child read every night to increase his/her vocabulary – even reading magazines, newspapers, and comic books will increase his/her skills.**

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