

MAP Testing Tips (for Parents)

Helping Your Student Prepare for MAP Testing

MAP assessments don't have any impact on grades, but because the results can be a valuable tool for parents and educators, it's important to ensure that students are adequately prepared. Here's how you can make sure that your kids are ready to do their best on the test:

- **Know the testing schedule.** Pay attention to communications from your child's school and be aware of when the assessments will take place. If you can, avoid scheduling appointments at these times, so your child won't have to take make-up tests upon returning to class.
- **Prioritize bedtime.** According to WebMD, 5-12 year olds need 10-11 hours of sleep per day, while 12-18 year olds need at least 8 ½. Ensure that your kids are well-rested on testing day by making sure they head to bed early the night before. It's also a good idea to eliminate screen time before bed, as this can stimulate young brains and make it harder for kids to fall asleep.
- **Get them moving.** Test-taking is mentally taxing, and – for little bodies especially – so is sitting still. Some schools add extra recesses on MAP assessment days, but even if yours doesn't, you can still sneak in a few extra trips to the park for the fresh air and physical activity that kids desperately need.
- **Prepare a nutritious breakfast.** This doesn't need to be complicated; make a batch of [Overnight Slow Cooker, Steel Cut Apple Cinnamon Oatmeal](#) the night before, or try this [Brainy Breakfast](#) of yogurt, fruit and nuts that takes about 5 minutes to throw together.
- **Maintain a positive attitude.** Students, especially those who struggle with learning disabilities or test-taking anxiety, need to recognize that MAP assessments are only a small snapshot of their overall progress in school. And since most children take their cues from their parents, one of the best things we can do for them is to model a calm, upbeat attitude about the entire process. Remind your kids that, while it's important to perform to the best of their ability, it's even more important to realize that their standardized test scores can in no way define who they really are.