

### How can students get ready for ISTEP+GQE?

- **Be prepared.** Cramming for any test is never the best way to prepare. Keep up with your homework and ask your teachers for help when you need it.
- **Ask for help.** If you've had trouble with ISTEP+ in the past, ask a teacher, counselor or parent about extra help now.
- **Review.** In the weeks before your test, take it seriously when your teachers review important information.
- **Get plenty of sleep.** Go to bed a little earlier so you get a good night's sleep. Being well rested will give you an extra boost of energy for test day.
- **Have a good breakfast.** Eat protein (eggs, meat, cheese, etc.), which will help you perform better than a sugary doughnut. Too much food can make you feel sleepy, so don't overdo it.
- **Take a break.** Get some exercise during your breaks or after school to keep your energy up.
- **Double-check your work.** Get in the habit now of double-checking your work and proofreading your answers on homework to be ready to find mistakes on test days.

### What can parents do to help students prepare for ISTEP+GQE?

- **Stay connected.** Cramming for a test rarely results in the type of learning that will stay with your child throughout his or her life. The best preparation is to provide consistent support for your child throughout his or her education.
- **Know what's expected.** Read Indiana's Academic Standards ([www.doe.in.gov/standards](http://www.doe.in.gov/standards)) so you know what your child should know and be able to do, reinforce these expectations at home and stay connected to your child's academic performance throughout the year.
- **Check grades.** Your son or daughter may say things are "fine" at school but don't stop checking report cards, progress reports or, if available, your child's online grades or class progress.
- **Talk to the teacher.** Teachers know how hard students are working, how well they are behaving, quality of their homework and what areas need improvement. Collect e-mail addresses or phone numbers of all your child's teachers and check in periodically.
- **Don't buckle on homework.** If your child is not studying at home, ask why, and double-check with teachers. It's tough to hold the line, but making sure your child does his or her homework is important for academic success.
- **Ask for help.** Students who are struggling in a particular class may need extra help after school or with a tutor. Find out from your school where you can go for help and make sure your student gets the help he or she needs. Catching a problem area now can make a big difference.
- **Go to parent meetings.** Most schools offer parent nights or teacher/parent sessions that provide great information. Check your school's calendar at the beginning of the year and plan to attend.
- **Get involved.** Nothing will have a bigger impact on your student's success than your involvement in his or her education.