



For Parents: How You Can Help Your Child Prepare for the MEAP

Although the actual taking of the test is the responsibility of your child, you can help them test to the best of their ability by following simple steps and preparing your student even before test time arrives.

Children who complete their homework on a regular basis are much more prepared for tests when it comes time. Assist your child with homework if necessary, but be sure they understand the concepts of what is being asked. If your child is struggling, please consult with their teacher.

Get your child to school on time each day, or they may miss valuable information. By participating in class, your child is learning the information that they will be tested on during the MEAP. Children who are comfortable in their school knowledge will translate the success they find in the classroom to success on the MEAP.

Ensure that your child eats properly and receives plenty of rest, especially on nights before testing. Studies have shown that kids who eat a nutritious breakfast test better than those who eat nothing. A high protein meal is recommended, such as eggs.

Students should come to the MEAP tests relaxed, but also understanding the importance of staying on task and doing their best. Encourage your child to complete the entire test, even if they get tired, and to not get discouraged.

Avoid scheduling medical, dental, or other appointments on MEAP days. Research shows students do better when tested with their class than in a make-up session.

Your child's success in school is very important. Your help is important to their success, before, during and after testing. Make sure you congratulate your child on a job well done!