

*Many families are wondering . . .*

## How do I prepare my student for state testing?

Here are a few tips:

### 1) Maintain a positive attitude!

- The CMAS (Colorado Measure of Academic Success) is just one measure of how successful your child is in meeting the CAS (Colorado Academic Standards).
- Focus on the successful feelings that come from doing your best.
- This can be an opportunity for your child to “Show what they know!”

### 2) Get a good night’s sleep.

- Students who are well rested will have an increased ability to think clearly.
- A good night’s sleep leads to greater stamina and the ability to focus on a task.

### 3) Eat a healthy breakfast.

- Stay away from sugary breakfast meals. A sugary breakfast can contribute to a lack of focus and the inability to stay on task.
- Eat a well-balanced breakfast with some protein that will fill them up and stay with them.

### 4) Send healthy snacks.

- Healthy snacks provide energy, increase stamina and support your child’s ability to maintain focus.

### 5) Use the practice tests.

- Practice tests will help your child feel more comfortable with the paper-based testing format.
- Practice tests will help prepare your child for “Test Talk.”
  - Some tests may use words like *passage* instead of *text* and *author’s intent* instead of *main idea*. Test makers may also use *locate, except, theme, reveal, inform, reason, in order to, provide suspense*, and other words that students may not fully understand.

**For more helpful information, please access the following links:**

<http://www.cde.state.co.us/assessment>

<https://coassessments.com/practice-resources/> Practice Tests)

<http://www.colorincolorado.org/article/parent-tips-how-help-your-child-prepare-standardized-tests>

<https://www.teachthought.com/technology/3-tips-help-prepare-student-test/>

We loved being a Colorado “School of Performance with Distinction” in 2022. Let’s do it again, CILA!

**Marie Wilson**

**School Assessment Coordinator**

**Colorado International Language Academy**