

## Maine Educational Assessment

**Each year starting in grade 3 students will take the MEAs. The purpose of these tests is to inform parents, students, and schools about students' achievement towards meeting the Maine Learning Results.**

# Preparing for MEAs

The following tips will provide suggestions for parents on how to approach test taking with their kids.

- Be sure your child has enough rest the night before each testing session.
- Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.
- If you are anxious about your child's test it's ok, but try to keep cool around your child, you don't want them to get anxious about their tests too.
- Encourage your child to do well, but don't pressure him/her, you may stress him/her out, it is important for your child to stay relaxed on the test day.
- Keep a positive attitude about tests.
- Mark down test days on your calendar so you and your child are both aware of testing dates.
- Make sure that your child gets up early enough so that he/she will be on time to school.
- Talking about the test with your child can relieve stress about test taking.

The Maine Department of Education provides a website for parents and students to review some MEA release items:

<http://www.maine.gov/education/mea/index.htm>

The 2206-2007 MEAs are scheduled for March 5<sup>th</sup> through the 23<sup>rd</sup>. Specific dates for each grade level will be announced in January.