

Dear Parents and Guardians,

In a few weeks students will be completing their 2011-2012 Career and Technical Education (CTE) assessments. I am very proud of our West Virginia CTE students and I want them to be successful. As a result I would like to ask for your support. To prepare our students for these State Assessments there are strategies that you can implement as a parent. On testing days:

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Encourage your child to do the best work possible.
- Do not remove your child from school on test days for appointments.

Students may experience anxiety regarding tests and may experience heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance. The following strategies may assist students, parents, and teachers in reducing test anxiety.

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.

As parents and guardians, your involvement is KEY to your child's success. Our education system relies on parents and guardians to support the learning that occurs in the classroom on a daily basis. The West Virginia Department of Education thanks you for your efforts and together we can assure that our children will be prepared for global success in college, in the workplace and in life.

Sincerely,



Dr. Kathy D'Antoni
Assistant State Superintendent of Schools
Division Technical, Adult and Institutional Education