




# What to Know About the CSAP

CSAP (Colorado State Assessment Program) tests students in Reading, Writing Math, and Science. Preparing for the CSAP is like gearing up for an athletic event. Students must focus, be accurate, and "see it through" as they complete each test session.

## **KNOW WHY CSAP IS GIVEN**

The state of Colorado has set State Performance Standards that say what students should know and be able to do at each level of their education. CSAP tests ask questions about those standards. The tests help educators see how each student is meeting the state standards.

CSAP tests are given to students to:

-  Evaluate what a child knows and needs to learn
-  Evaluate what groups of children know and need to learn
-  Evaluate what and how well schools are teaching what students should learn

## **KNOW WHAT CSAP COVERS**

Reading: Students read a variety of texts and answer questions about the text.

Writing: Students answer questions with short answers, sentences, paragraphs, and essays.

Math: Students solve multi-step problems by writing the steps to their problem-solving process. Calculators are not to be used on any portion of CSAP testing.

## **KNOW THE RULES OF CSAP**

- √ Each subject is tested in a separate session
- √ Sessions last approximately 1 hour to 1 ½ hours
- √ Students take no more than one test in a day
- √ Breaks are not allowed during testing sessions
- √ No talking or making distractions is allowed
- √ Students are not allowed to ask questions

## **KNOW WHAT HAPPENS AFTER CSAP**

- √ Once the results have been established, the teacher will send home information about your child's score, areas of academic strengths and areas to focus learning on.
- √ The school will provide a School Report Card that explains how the school as a whole is performing compared to other schools in the district.

## **KNOW HOW TO PREPARE FOR CSAP**

At school, preparing students for the CSAP testing continues year round as a natural part of the standards-based instruction. At home, you can assist your child to succeed in school and on test days by using the following suggestions.



Colorado Parent Information and Resource Center  
[www.cpirc.org](http://www.cpirc.org)

# Know How You Can Help Your Child Prepare



## Feed Them

Our brains need fuel to operate. On test days, a good breakfast is very important. Students who eat a good breakfast have better focus and attention.



## Water Them

Encourage your child to drink lots of water all day long.



## Set Good Sleeping Habits

Kids need a minimum of 8 hours of sleep per night. Adequate sleep allows for deep refreshment which makes us mentally sharper.



## Build Stamina and Independence

Provide opportunities for your child to start and finish a task without interruptions. Make tasks increasingly longer each time. Examples include chores, homework, games, etc.



## Build Confidence and Self-assurance

Recognize what your child is doing well by telling them and showing off their work. Tell your child to try their best and to practice over and over what they want to accomplish. Let your child know that a good education is important to you and your family.



## Exercise

Physical activity releases “feel good” hormones in the brain; it calms nervous energy; it relieves muscle tension; it heightens alertness. Encourage your children to spend a minimum of 15 - 20 minutes a day in active physical exercise of some sort.



## Role Model

- Provide a positive parental attitude to promote a “can do” student attitude.
- Don't be overly anxious about test scores, but encourage your child to take tests seriously and to try their best.
- Remind your child that tests do not determine the outcome of their future. Tests are a tool and like any tool, the more you use it, the easier it gets.
- Ask the teacher how you can help your child at home to support learning.



## Keep Stress in Check

Some stress is positive, but stress can also be overwhelming. Help your child learn different stress management techniques:

- ✓ Positive self-talk: “I know I can do this”
- ✓ Avoid being rushed in the morning
- ✓ Talk about hopes and fears
- ✓ Think about long term goals
- ✓ Use humor to ease tensions
- ✓ Take slow, deep breaths when anxious.