

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 2006-2007 MEAs are scheduled for March 5th through the 23rd. Specific dates for each grade level will be announced in January.