

# Tips for Parents and Guardians

## Supporting Your Child Before an EQAO Assessment

We asked members of the EQAO Student Advisory Committee about what helped them to feel confident about their upcoming EQAO assessment. Here are some of their insights:

- Students are less likely to feel nervous when they have **positive discussions about the EQAO assessment** and hear about how it helps education in Ontario.



- Students appreciate **encouraging conversations about their ability to succeed**. It's important for them to feel supported and to hear that they're ready.



- Students benefit by **hearing from other students who have previously written the assessment**.



- Students think an EQAO assessment **should be treated like any other test** at school.

- Students want to **understand the structure and content** of the test.

**Tip:** To help students become familiar with the format of the assessment and the types of questions that can be asked, you can refer to examples of test materials available on EQAO's website.