3 Tips for Parents to Help Their Kids with ACT Plus Writing:

1. **Remain calm:** ACTs and other standardized tests often brew anxiety for students and parents, because they play a significant role in the college admissions process.

   Parents can help curb this cycle by staying calm themselves, and noting signs of anxiety in their kids. Jittery students, or those who can't seem to sit still, are likely stressed. And if they're jittery at home, they'll likely act the same way when they're trying to sit at a desk for three hours on test day. Parents should remind their child to breathe, says Bernstein, who also suggests that students write "breathe" as a reminder on their test booklet. Exercising, getting plenty of sleep, and eating healthy foods are also important ways to ease anxiety.

2. **Be confident:** Parents should listen for negative statements from their child, such as "I can't handle this," or "I'm not smart enough," says Bernstein, who suggests parents accept their kid's feelings. Bernstein suggests saying something along the lines of, "I know you feel that way right now, but I remember when you handled a really difficult situation. Do you remember that?"

3. **Stay focused:** Many students today simply have shorter attention spans than they did in previous generations, because they've become accustomed to the instant gratification of sending a text message or beating a video game level. Parents can help their students focus by having them study continuously, without interruption, for several minutes at a time. The students should do this in intervals, perhaps by starting with 5 minutes at a time and progressing to 10- and then 15-minute study sessions.

What questions might a parent ask?

1. How does the material my child learns in the class relate to what is covered on tests?
2. In what other ways does the school—and my child’s teacher—measure how well my child is learning?
3. How much time does my child spend taking tests during the school year?
4. Does my child’s performance on state-required achievement tests match his performance in the classroom?
5. How does the school—and my child’s teacher—use tests results?

The ACT Plus Writing...

- Is accepted by all US colleges and universities

There Are Many Reasons to Take The ACT Plus Writing

- Is the nation’s #1 college entrance exam
- Includes an educational and career planning component
- Provides four free score reports
- Scored based on correct answers

There Are Many Reasons to Take The ACT Plus Writing

- Is accepted by all US colleges and universities

What should a parent keep in a file at home?

The ABCs of Assessment

- Report Cards
- Dates of Testing
- Test Results
- Guidance Counselor’s name and phone number
- Correspondences parents are required to sign and return to the school

OFFICE OF ASSESSMENT AND ACCOUNTABILITY

Vickie Holloway, Director
Kristen Dial, Education Specialist
Tracy L. Williams, Education Specialist

MONTGOMERY PUBLIC SCHOOLS

ENGAGE, EDUCATE, INSPIRE
The ACT college readiness assessment is a curriculum-based examination that matches well with the education standards in Alabama. Taking the ACT can provide helpful information for all students, not just those who are planning to attend college.

Taking the ACT can give every student a measure of his or her academic strengths and weaknesses. You can use your results to recognize your academic strengths and areas where you need to improve, whether you intend to go to college or enter the workplace after high school.

If you are not considering college now, you may decide to make college part of your plans later. Your ACT results can help you begin the career exploration and planning process. It is likely that nearly everyone who graduates from high school will eventually have to continue their education to achieve their career or life goals.

The ACT includes multiple-choice questions in English, mathematics, reading, and science. The tests measure your educational development in those areas and are based on what you have learned—they are not aptitude or IQ tests.

The ACT Writing Test measures the writing skills you have acquired in your high school English courses and complements the multiple-choice ACT English Test. Many colleges use ACT Writing Test results as a guide for placing incoming students into first-year composition courses.

### Understanding ACT Plus Writing Scores

#### How does ACT calculate the Multiple-Choice Test Scores and the Composite Score?

1. First ACT counts the number of questions on each test that you answered correctly. ACT does not deduct any points for incorrect answers. (There is no penalty for guessing.)

2. Then ACT converts your raw scores (number of correct answers on each test) to scale scores. Scale Scores have the same meaning for all the different forms of the ACT, no matter which test date a test was taken or what set of questions you took.

3. Your Composite Score and each test score (English, mathematics, reading, science) range from 1 (low) to 36 (high). The Composite Score is the average of your four test scores, rounded to the nearest whole number. Fractions less than one-half are rounded down; fractions one-half or more are rounded up.

4. ACT computes your seven subscores (Usage/Mechanics, Rhetorical Skills, etc.) in the same way, but subscores range from 1 (low) to 18 (high). There is no direct, arithmetic relationship between your subscores and your test scores—this means your subscores do not necessarily add up to your test score.

### Relationship Between the Tests, Questions, and Subscores

As your score report explains, the ranks show the percent of recent high school graduates who took the ACT and scored at or below each of your scores. You can use the ranks to get a sense of your relative strengths and weaknesses in the four general subject areas represented by the test scores and in the seven specific areas represented by the subscores.

### The World-of-Work Map

The student version of the World-of-Work Map is on student score reports and student websites. The outer ring of the map emphasizes the Map’s four compass points: working with data, ideas, people, and things.

The location of each career area on the Map is based on the primary work tasks of the occupations in that career area, and all US occupations are covered by the 26 career areas.

The Map is divided into 12 regions. ACT Interest Inventory results are reported as a set of regions, encouraging focused career exploration.