



# WHY STATE TESTING PARTICIPATION MATTERS TO STUDENTS

## How Does Taking State Tests Help Me?

- It allows you an opportunity to demonstrate what you know and can do in English language arts, math, and science. This can help shape what you focus on learning next.
- It gives you and your family reliable information that you can use to compare with other assessment information, like grades and school and district assessment results.
- Participating gives your teachers and school leaders information to improve the curriculum and teaching practices they are using to support all students.
- Testing is a regular part of learning and helps guide learning decisions at the system level and this is good practice to prepare for testing that you may experience in your in college and/or career journey.

## Did you know?

The United States passed a law in 2015 that **requires** statewide testing in certain grades and subjects. All students in these grades take state tests.

Not too long ago, some students were **not included** in testing, such as students experiencing disabilities and students federally identified as English learners.

Because **all** students take the same test, schools and teachers can think about **all** students when they are planning.

## What are Some Things to Keep in Mind?

- If test taking makes you nervous, practice strategies that help you relax during testing (e.g., breathing exercises, stretching, muscle relaxation).
- Talk with your family or teacher about whether there are things that might make it easier for you to take Oregon's state tests, such as more time or a quiet area.

## CONTACT



[ODE's Assessment Team Webpage](#)

Please send any questions, comments,  
or recommendations to:

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