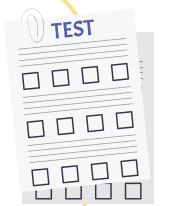


PARENT SUGGESTIONS FOR STUDENT TEST ANXIETY

According to the US News and World Report, (February, 2023) test anxiety is fairly common, with researchers estimating that somewhere between 25% and 40% of students in the U.S. experience it. And certain tests can be more anxiety-inducing than others – one study found that elementary school students experienced higher levels of test anxiety during standardized tests compared to regular classroom assessments.

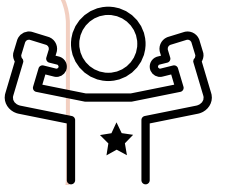
1 Work on test-taking strategies

Remind your child to read the questions carefully. What are they being asked? Don't take too much time on any one question, focus on key words, etc.



2 Boost Confidence

Practicing positive affirmations with your child: "I will try my best." Success doesn't have to mean a perfect score. Just doing a good job of preparing is already a win.

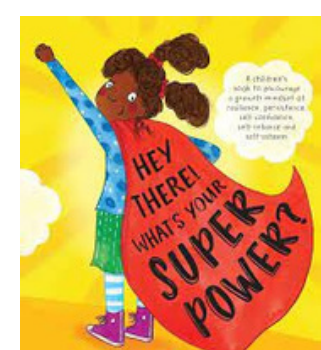
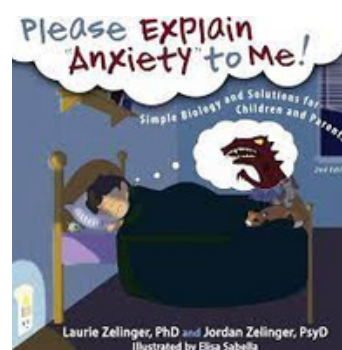
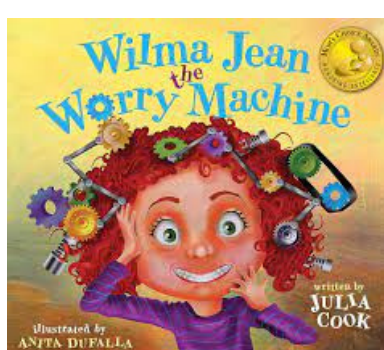
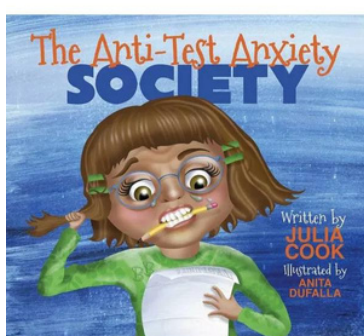


3 Practice Coping Strategies

Remind your child to practice coping strategies before or when nervousness and frustration arise. Coping skills could look like a deep breath, asking for a break, drinking water, positive self-talk, etc.



4 Helpful Literature



SIGNS OF Test Anxiety

- Headaches
- Nausea/upset stomach
- Extra sweating
- Difficulty breathing
- Fast heartbeat
- Dizziness/lightheadedness
- Sense of panic
- Muscles tight or tense
- Focusing on past mistakes or poor performance
- Worrying about the consequences of failure
- Mind going blank
- Thoughts racing
- Difficulty concentrating
- Feeling inadequate or not enough
- Feeling helpless
- Thinking negative thoughts
- Procrastinating
- Comparing self to others

Test Anxiety STRATEGIES

Get prepared.

- Attend study sessions.
- Take practice tests.
- Review notes.
- Ask clarifying questions.
- Pack your bag, pack your lunch, and lay out your clothes the night before.

Practice Calming Strategies.

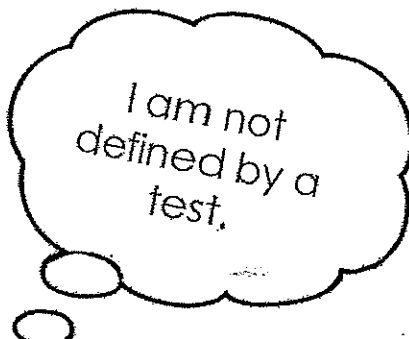
- Practice controlled breathing exercises.
- Make a test-day mantra. Practice repeating it to yourself.
- Practice grounding exercises.
- Practice progressive muscle relaxation.

Practice Self Care.


- Get enough sleep the week leading up to the test.
- Eat healthy meals.
- Do your favorite movement-based activities or exercises.
- Practice yoga.
- Speak kindly to yourself.
- Spend time with people you love.

Change Your Thinking.

- Check your thoughts: Are they absolutely true? Are they based on facts? Are you assuming the worst or jumping to conclusions? Replace these thoughts with more realistic and positive thoughts.



I am not defined by a test.



I am a successful person.



I am in control of the things I say to myself.