COUNSELOR'S CORNER

Overcoming Test Anxiety

What is Test Anxiety?

Does taking a test make your child overly stressed? Too much stress can get in the way of kids achieving their potential. Standardized testing has become more common, and so has test anxiety. Worrying that they won't do well can make it harder for your child to focus at the moment.

Test anxiety is one of the biggest challenges students face today. It can show up in students of all ages at testing time. Students can be 100 percent prepared and ready but then freeze up when they sit down to take the test. Kids with test anxiety perform at least half a letter grade below their peers. Test anxiety increases mistakes, reduces reasoning and working memory, creates confusion, and lowers test scores. More importantly, it's harmful to the well-being of our children.

Test anxiety can lead to decreased confidence and avoidance of schoolwork, but we can use strategies to help children cope with the stress.

Tips For Parents

1. Encourage plenty of exercise
2. Get plenty of rest
3. Avoid excessive screen time
4. Provide a protein-rich breakfast
5. Encourage your child with affirmations

Standardized tests don't define your child as a student, much less as a person. Sometimes, children's anxiety is caused by their desire to please parents or other adults. Put tests into perspective. Encourage children to do their best, but remind them that one test won't make or break their future. Tell them they will be loved and valued no matter how well they do on the test.

Tips For Students

1. Take your time to read questions carefully
2. Use the process of elimination
3. Read all the answer choices before choosing one.
4. Don't worry if others finish before you do
5. Stay positive

BELIEVE IN YOURSELF