

## TESTING ANXIETY

# Tips for Parents and Caregivers

### PREPARE IN ADVANCE

Testing is a part of the educational processes. You can help your student prepare by teaching them to plan and practice for the test:

- Put the test date on a calendar or in a student planner
- Practice a little bit each day. Ask questions, look over notes, and provide examples of real-life application.
- Plan to do something fun as a family at the end of a testing day or during the weekend to help everyone de-stress.



### EXPECTATIONS

No student wants to disappoint their parents or those who care for them. Set realistic expectations for each child recognizing everyone learns and expresses stress differently:

- What grades are acceptable?
- Is work and study to be done before play?
- Know how to identify when your student is experiencing stress and teach them that taking a break is okay.
- Be open to allow your student to share if anything is causing fear or worry during testing time. Tell and show them that you love and accept them no matter their test score.



### FOOD AND DRINK

Be mindful about your student's food and drink choices. Choose items that bring health and life to your and their bodies. It will help with focus, attitude, and mood.

- Stay hydrated with water. Water makes up around 60-70% of our bodies. It is needed in our brains, hearts, organs, veins, blood, tissue, and even in our bones.
- Have a fruit or vegetable with every meal. Encourage your student to not sneakily throw this life giving food in the trash at school.
- Limit sugar and chips that have very little nutritional value.



### ASK QUESTIONS

Asking your student questions about what they are learning about will reinforce the importance of their education and help you become closer to them.

- What was one new thing they learned in class today. What makes it memorable? What was interesting about it?
- What subject do they have the most difficulty with?
- In humility ask, "What else could I be doing to help you?" or "What do you wish I understood about you?"
- Help them practice what they are learning by asking questions about that subject and showing how concepts apply to life.



### HAVE A PLAN

Being prepared is half the battle. But what if your student does not do very well. What's the next step?

- Always reinforce that a score on a test does not mean that it is a demonstration of who they are as a person or their sense of self-worth or value. It's just a test. You love and will continue to love them anyway.
- What type of support does your student need?
  - Tutoring? -Encouragement? - A support class in math or reading?
- Do they need to learn study skills or test taking skills?
- Is your student overwhelmed and need counseling or something taken off their plate/to-do list?



### SLEEP AND SPACE

We need space to work, space to play, and space in our day to rest. Sleep regenerates our bodies and minds to work well the next day.

- If you don't already know, ask your student how they are sleeping. There may be a problem that you can help fix.
- Make sure electronics are put away a good hour or two before bedtime. Our eyes are sensitive to light and prolonged exposure to computer/tablet/or phone light can signal the brain to stay up instead of going to sleep.
- If possible, designate a study space for your student to work. We tend to associate habits and places. If we are habitually studying on our beds we will not always associate our beds with sleep but rather with stress and work.

