


TESTING ANXIETY

Tips on how to best
support your student
during standardized
testing season!

Mrs. Calvillo, School Counselor
Ms. Martin, School Counselor

Spring 2022



1



PURPOSE OF PARENT WORKSHOPS

Information

Communication

Connection

2

PAST PARENT WORKSHOP TOPICS

SCHOOL SUPPORTS
SUICIDE PREVENTION
RED RIBBON WEEK
TIPS FOR SUCCESS
POSITIVE DISCIPLINE
SOCIAL MEDIA
SELF CARE

IF YOU HAVE ANY TOPICS THAT INTEREST YOU AS A PARENT, PLEASE SHARE THEM WITH THE COUNSELORS AT THE END OF THE PRESENTATION!

3



TODAY'S
TOPIC:

TESTING ANXIETY

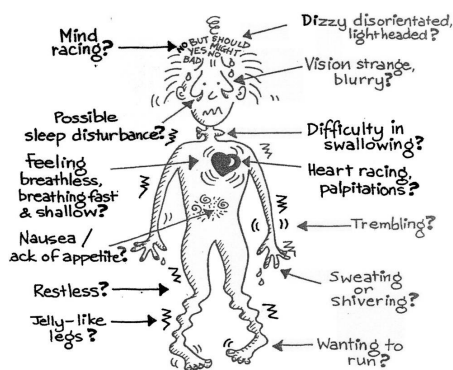
4

GENERAL DEFINITION OF ANXIETY:

ANXIETY IS A FEELING OF FEAR, DREAD, AND UNEASINESS. IT MIGHT CAUSE YOU TO SWEAT, FEEL RESTLESS AND TENSE, AND HAVE A RAPID HEARTBEAT. IT CAN BE A NORMAL REACTION TO STRESS. FOR EXAMPLE, YOU MIGHT FEEL ANXIOUS WHEN FACED WITH A DIFFICULT PROBLEM AT WORK, BEFORE TAKING A TEST, OR BEFORE MAKING AN IMPORTANT DECISION. IT CAN HELP YOU TO COPE. THE ANXIETY MAY GIVE YOU A BOOST OF ENERGY OR HELP YOU FOCUS. BUT FOR PEOPLE WITH ANXIETY DISORDERS, THE FEAR IS NOT TEMPORARY AND CAN BE OVERWHELMING.

SOURCE: NATIONAL INSTITUTE OF MENTAL HEALTH

5



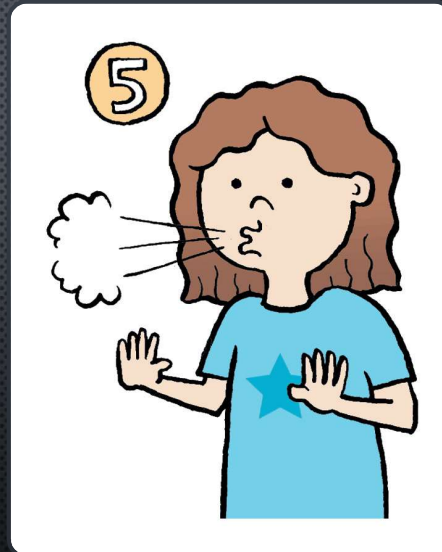
HOW ANXIETY LOOKS LIKE IN OUR STUDENTS/CHILDREN:

- BLANKING OUT
- OVERWHELMING THOUGHTS
- TROUBLE CONCENTRATING
- FORGETFULNESS
- CLOUDY THOUGHTS
- FEELINGS OF DOOM
- FRUSTRATION
- ANGER

6

TEACH YOUR CHILD /TEEN CALMING STRATEGIES

- BREATHING - INHALE THROUGH THE NOSE WITH BELLY GOING OUT, EXHALE THROUGH THE MOUTH WITH BELLY GOING IN
- COUNTING TO TEN
- STRETCHING
- MASSAGING YOUR HAND
- VISUALIZATION – THINK ABOUT A FAVORITE PLACE THAT IS CALMING AND RELAXING
- MOVEMENT – DO SOMETHING PHYSICAL IF THE ENVIRONMENT ALLOWS (WALK, RUN, JUMP ROPE)



7

HOW PARENTS CAN HELP THEIR STUDENT WITH TEST ANXIETY – DAILY!

- BUILD THEIR OVERALL SELF-CONFIDENCE
- MODEL AND OFFER STUDENTS POSITIVE SELF-TALK
- HEALTHY ROUTINE
 - EAT WELL/HEALTHY DIET
 - HYDRATE
 - ADEQUATE SLEEP/SET BEDTIME
 - TIME FOR PLAY/MOVEMENT
 - LIMIT SCREEN TIME

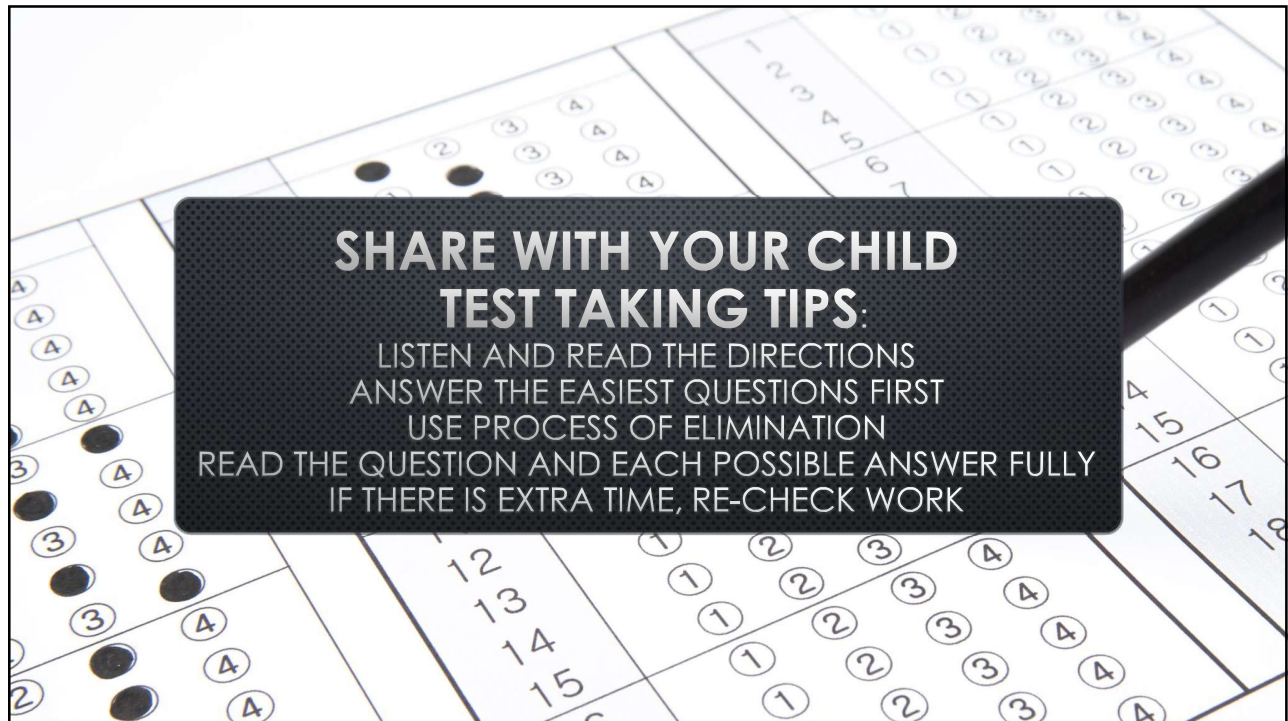


8

RESOURCES



9



10

STRATEGIES AT HOME AND AT SCHOOL ARE NOT WORKING. MAY IT BE SOMETHING ELSE?

- GENERALIZED ANXIETY DISORDER
- SEPARATION ANXIETY DISORDER
- SOCIAL ANXIETY DISORDER
- PANIC DISORDER
- SELECTIVE MUTISM
- SPECIFIC PHOBIAS



11

THANK YOU

QUESTIONS OR COMMENTS?

MORE INFORMATION AVAILABLE ON OUR WEBSITE:

[HTTPS://WWW.HANFORDESD.ORG/DEPARTMENTS/SPECIAL-SERVICES/COUNSELING-SERVICES](https://www.hanfordesd.org/departments/special-services/counseling-services)

12