

Supporting Kids During Testing Season

Test Anxiety vs. Nervousness

Test anxiety is a common experience where feelings of worry and self-doubt interfere with a person's ability to perform well on tests. It can affect anyone at any age, and people usually experience physical and emotional symptoms. While some nervousness is normal, test anxiety can become debilitating, impacting concentration and performance.

How to Help Your Kids Thrive

1. Create a Calm Environment at Home
 - Reduce distractions, especially during study time.
2. Encourage Healthy Habits
 - Get enough sleep (7–9 hours), eat balanced meals, and stay hydrated.
3. Set Realistic Expectations
 - Remind them that tests are just one measure — not the whole story.
 - Celebrate effort and progress, not just scores.
 - Avoid expressing your own anxieties about the results.
4. Help with Organization & Planning
 - Break study tasks into smaller chunks with breaks in between.
 - Use checklists or planners to track what's done and what's left.
5. Teach and Model Stress-Relief Techniques
 - Practice deep breathing or mindfulness exercises together.
 - Use positive affirmations: "You've prepared well," "You've got this."
6. Be Available & Listen
 - Ask open-ended questions about how they feel.
 - Validate their feelings without minimizing fears.
7. Keep the Routine Steady
 - Avoid last-minute cramming—steady preparation wins.
 - Keep some normal family rituals for comfort.
8. Celebrate Effort and Rest After Testing
 - Plan something fun or relaxing after tests to look forward to.
 - Reinforce that their worth isn't tied to test scores.



Symptoms

Physical Signs:

Headaches or stomachaches
Sweating or trembling
Rapid heartbeat
Nausea or dizziness

Emotional Signs:

Feelings of fear, dread, or panic
Feelings of helplessness or hopelessness
Irritability or mood swings

Behavioral Signs:

Avoidance of study or test preparation
Procrastination in studying
Crying or withdrawal from social activities

Cognitive Signs:

Negative thoughts about performance
Difficulties concentrating
Forgetting material or blanking during tests