TIPS FOR HELPING KIDS
DO THEIR BEST ON THE TEST

Spend Time Studying

Help your child develop strategies for studying that will help them feel confident and prepared for their test. Ideas include:

- Studying a little bit at a time, not just last minute.
- Taking breaks while you're studying.
- Making up songs or rhymes to help you remember the information.
- Asking another person to quiz you on the information.
- Setting specific goals for what you want to learn or remember.
- Not being afraid to ask questions if you don't understand something.

Get Prepared

Feeling prepared for a test is more than just knowing the information. Here are some other things to consider:

- Get a good night's sleep and eat breakfast. Feeling rested, and not hungry, can make it easier for your child to focus and think clearly.
- Make sure you have all of your materials. Not having what you need might mean you have to scramble before the test or stop in the middle of the test to get them.
- Go to the bathroom. Taking care of this before the test can limit disruptions.

Use Test-Taking Strategies

Knowing the information is the best test-taking strategy, but there are other tools your child can use to help like:

- Read the directions carefully.
- Look through all of the questions before you start.
- Underline or circle important information.
- Write down any important information on the side of your test.
- Cross off answers you know aren't right.
- If you get stuck, move on and come back to that question.
- Try to answer all of the questions.

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Stay Calm

It is completely normal to feel nervous about taking a test. Thankfully, there are some strategies your child can use to help them feel more calm as they work.

- Deep Breathing: Breathe in for 4 seconds, hold the breath for 7 seconds, and exhale for 8 seconds.
- Positive Self-Talk: Come up with an encouraging sentence to tell yourself.
- Tensing & Relaxing: Focus on one part of your body. Make it as tense as possible, then relax.
- Focusing On What You Can Control

TIPS FOR HELPING KIDS WITH TEST ANXIETY

About Test Anxiety

What is test anxiety? Test anxiety is a feeling of nervousness, stress, or anxiety related to test taking that usually results in an inability to perform well.

How common is test anxiety? Studies show that test anxiety affects 10-40% of students.

What are the signs of test anxiety? Test anxiety can present itself in different ways, but here are a few things to look out for:

- Asking to stay home on test days
- Stomachaches or headaches before or during a test
- Trouble sleeping before a test
- Low test grades, even though the child clearly knows and understands the content.

Help Your Child Feel Prepared

Here are some ideas that your child can use to feel ready for the test:

- If possible, study for the test a little bit at a time instead of cramming last minute.
- Get a good night's sleep. Try to go to bed early and leave any devices or electronics in another room.
- Eat breakfast. A full stomach makes it easier to focus.
- Get to school/class on time or a few minutes early. This will give you time to settle in, make sure you have what you need, and ask any questions before the test starts.

Help Your Child Feel Confident

Help your child feel confident by teaching test-taking strategies like:

- Read the directions carefully.
- Underline or circle important information.
- Cross out answers you know aren't right.
- If you don't know the answer, move on and come back to it.
- Try to answer all the questions.
- Double-check your answers.

Help Your Child Feel Calm

To help kids feel less anxious during the test, help them learn coping skills that they can use while they are working, like:

- Deep Breathing: Breathe in for 4 seconds, hold the breath for 7 seconds, and exhale for 8 seconds.
- Positive Self-Talk: Come up with an encouraging sentence to tell yourself.
- Tensing & Relaxing: Focus on one part of your body. Make it as tense as possible, then relax.
- Focusing on what you can control

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