

High School

TESTING PREPARATION TIPS FOR TEACHERS



High schoolers often feel like their entire future depends on a single score, which can lead to scary "all or nothing" thoughts. It's a heavy weight to carry, and they need to be reminded that one test doesn't define their worth or their path in life.



Reality Check

Remind them that a test is a snapshot of one day, not a summary of their entire future.

Scan to Plan

Encourage them to look over the test first. This helps the brain start processing questions in the background and reduces the "shock" of a hard question later.

Deep Breathing

Lead a 60-second "Deep Breathing" exercise right before the test begins to lower their heart rates.

Post-Test Decompression

Give them 5 minutes of quiet time after the test is over before jumping back into a regular lesson.

FOCUSING ON THE BIG PICTURE: BALANCED SUPPORT FOR TESTING SEASON.

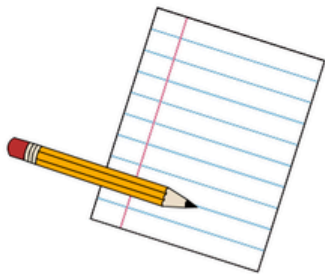


TIPS FOR TEACHERS

Implementing IEP & 504 Testing Accommodations What Teachers Need To Know...

BEFORE THE TEST

- Review IEPs & 504 Plans
- Confirm Testing Guidelines
- Plan logistics early
- Use consistency



DURING THE TEST

- Follow plans exactly
- Support access, not answers
- Provide accommodations discreetly

AFTER THE TEST

- Document accommodations
- Reflect on effectiveness
- Share concerns with case manager
- Make team decisions required for changes

KEY REMINDERS



- Consistency = Compliance
- Ask questions BEFORE TESTING DAY
- Encourage student self-advocacy

BOOST YOUR STUDENT'S FOCUS WITH INNER EXPLORER!

Testing season can be stressful, but your child's school has a way to approach this: Inner Explorer. This program uses short transitions, sound, or 5–10 minute daily mindfulness practices to help students "reset" their brains, moving from stress to focus.

You can support your student at home by downloading the Inner Explorer HOME app. Practicing together for just a few minutes a day helps your child stay calm, manage "test jitters," and perform their best.



Breathe.Relax.Thrive

