

# COUNSELOR CONNECTION

## “READY, SET, SUCCEED: PREPARING YOUR CHILD FOR TESTING SEASON”

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Testing season is approaching, and being proactive in preparing your child can make a significant difference in their confidence, focus, and overall success. Supporting your child early helps reduce anxiety, strengthen motivation, and build the skills needed to approach testing with a calm and prepared mindset. Below are simple and effective strategies families can begin using now—before testing even begins.

### **1. Keep Routines Consistent**

*Ensure your child gets enough sleep and starts the day calm and prepared.*

### **2. Build Focus and Stamina**

*Encourage your child to complete tasks without distractions to strengthen attention.*

### **3. Promote a Positive Mindset**

*Remind your child to try their best and stay confident, even when work feels challenging.*

### **4. Teach a Plan for Hard Questions**

*Encourage your child to try, move on, and come back if they get stuck.*

### **5. Keep Mornings Calm**

*Prepare clothes, backpacks, and materials the night before to reduce stress.*

### **6. Practice Simple Calming Skills**

*Teach your child to take deep breaths and use positive self-talk when nervous.*

### **7. Praise Effort and Persistence**

*Celebrate hard work and progress, not just test scores.*

### **8. Show Confidence in Your Child**

*Let them know you believe in their ability to succeed.*

