

On the BIG Day:

REMIND YOUR CHILD TO...

- Breathe deeply
- Move your body: roll your head, rotate shoulders, shake hands...
- Visualize a relaxing place
- Repeat confident messages to yourself.
- Take a short mental break

PARENTS:

- Be sure your child had plenty of sleep and wake him/her early to avoid “the morning rush”!
- Prepare a *healthy* breakfast.
- Dress your child in comfortable clothes.
- Get to school *on time!*
- Say to your child, “You can do this!”



and
“I love
you!”



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Helping
Your Child
Cope With...

TEST ANXI



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What is Test Anxiety?

Test anxiety is the uneasiness or apprehension a student feels before, during or after a test because of worry or fear of failure. Everyone experiences anxiety from time to time. In fact, low levels of anxiety can motivate students to study and perform well. However, when anxiety interferes with test-taking and learning, it can cause students to “blank out” or have trouble paying attention, therefore limiting their ability to think clearly and do their best work. The good news?? Parents can help their children manage test anxiety! Read on...



Signs of Test Anxiety

Physical Signs:

- Butterflies
- Pain or upset stomach
- Cold, clammy hands
- Sweaty palms
- Feeling hot or cold
- Headaches
- Nausea
- Feeling Faint
- Sleepless Nights



Emotional Signs:

- Frequent tears
- Excessive crying
- Feelings of anger or helplessness
- Irritability
- Easily frustrated



What Should I Do?

Communicate! Talk to your child about the test and to the teacher for suggested home activities.

Promote! Promote good attendance and study habits.

Motivate! Reinforce efforts rather than making a certain grade.

Praise! Praise *efforts* in spite of feeling worried.

Be Optimistic! Model positive thinking and reasoning.

Relax! Share with your child the benefits of deep breathing and meditation.

Try to avoid...



...giving excessive reassurance—this will discredit the parent’s opinion.

...telling your child exactly what to do .

...ignoring the problem by hoping it will go away by itself.

...being impatient by saying, “Just take the test and get over it!”

...allowing your child to avoid the situation by staying home.