

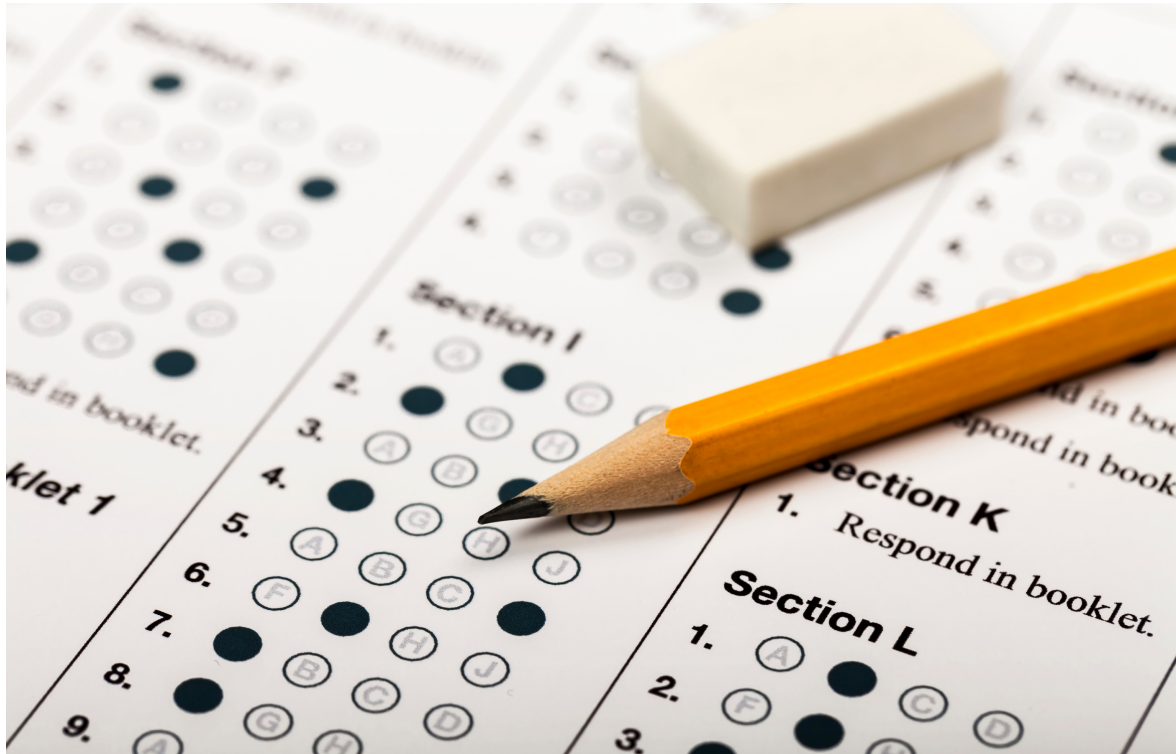
# News From Your School Psychologist

Issue No. 8

Topic: Test Anxiety

April 2023

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It will soon be time for PSSA testing, midterms, and final exams! Crush these tests by addressing your test anxiety.

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## Test Anxiety

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### What is Test Anxiety?

Test anxiety is a combination of physical symptoms and emotional reactions that interfere with your ability to perform well on tests. Many students experience varying levels of test anxiety for a number of different reasons.

### Causes of Test Anxiety

Test anxiety can be caused by a variety of things, however, it is most frequently caused by:

- Being afraid that you won't live up to the expectations of important people in your life; worrying that you will lose the affection of people you care about if you don't succeed.
- Believing grades are an estimation of your personal worth.
- Placing too much emphasis on a single test.

### What does it feel like?

Students describe test anxiety as physical, emotional, and mental feeling such as:

- Butterflies in your stomach
- Cold or clammy hands
- Headaches
- Nausea
- Feeling hot or cold
- Feeling faint
- Wanting to cry or even leave the room and not take the test
- Feeling angry or helpless



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# Test Anxiety

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## What Can I Do As A Parent?

- Make sure your child has enough sleep, eats a healthy breakfast and gets to school on time.
- Make sure your child has the needed school supplies (notebooks, pencils, etc.).
- Doing well on a test is easier if a student has been consistently completing school assignments, including studying or reading. Encouraging your child to complete homework each day is important and helpful.



## What Should I Avoid Doing As A Parent?

- Avoid giving excessive reassurance, such as repeatedly saying, —You'll do great!" Too much reassurance causes anxious children to seek to discredit the parent's opinion.
- Avoid telling your child exactly what to do. It is more useful to ask your child to come up with a realistic plan for studying and taking the test. Successful completion of the plan enhances the child's feeling of control and accomplishment, and this will decrease anxiety. Build in some relaxation time to your child's plan.
- Don't ignore the problem by hoping it will go away by itself.
- Don't be impatient (—Just take the test and get over it!).
- Don't allow the child to avoid the situation (—You can stay home today").

## What Can I Do As A Student

### Get Prepared

- Attend study sessions
- Take practice tests
- Review notes
- Ask clarifying questions
- Pack your bag, your lunch, and clothes to prep for your day ahead



### Practice Self-Care

- Get enough sleep
- Eat healthy meals
- Exercise or do yoga
- Spend time with people you love
- Speak kindly to yourself



### Practice Coping Skills

- Practice controlled breathing
- Test day mantra
- Practice grounding exercises
- Practice progressive muscle relaxation



### Change Your Mindset

- Check your thoughts. A positive mindset can go a long way in your success. Try "I can do this!" instead of, "I am going to fail." .



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## WASD Tutoring Program

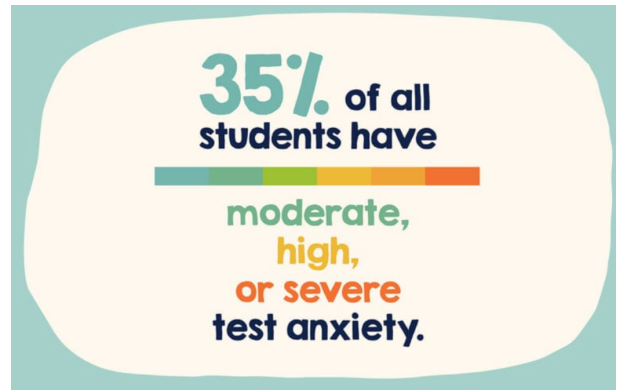
Have you signed up for the WASD tutoring program?  
Check in with your school counselor for more information.

**High School Counselor:** [minnicks@weatherlysd.org](mailto:minnicks@weatherlysd.org)  
**EL/MS Counselor:** [synoskid@weatherlysd.org](mailto:synoskid@weatherlysd.org)

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# Ease Up with Test Taking Tips

1. Feeling nervous? Take a mindful moment to ground yourself and breathe.
2. Look over the entire test.
3. Read all the instructions carefully.
4. On multiple choice questions, be sure to read through all the answers available, even if you think you spotted the correct answer quickly.
5. Not sure which choice is the correct answer? Try to eliminate the answers that don't make sense.
6. Look for clues in the wording of the question.
7. If you get stuck, move on to the next question and come back to it.
8. When you finished the test, take time to recheck and review your answers.
9. Proofread your essays and short answer questions.
10. Take a deep breath!



## Group Counseling

Round 2 of groups are in full swing. Current groups include:

- Self-Control
- Feelings and Coping Skills
- Goals and Motivation
- & More!

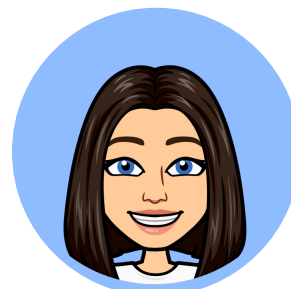


## Individual Counseling

If your student is in need of direct service, please contact Mrs. Huff or Miss. Synoski to further discuss individual session.



## Minute of Mindfulness



**Contact Mrs. Huff**  
School Psychologist

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