

A decorative graphic on the left side of the page consists of white and light blue lines forming a circuit-like pattern. The lines are vertical and horizontal, with small circles at various points, resembling a stylized tree or a network diagram. The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom.

HELPING YOUR CHILD BE TEST READY

DEFINITIONS

- Anxiety = emotion. Cognitively based.
- Stress = physiological state. Can be result of cognitive process.

STRESS

- Stress is a body's reaction to potentially harmful situations. The fight-or-flight response. It includes increased heart rate and blood pressure.
- Some stress can be good.
- Problems arise when the stress is too intense or prolonged

EXCESSIVE STRESS

- Negative changes in behavior-- Irritability. Moodiness. Withdrawing from preferred activities. Persistent worrying. Complaining more than usual about school. Crying. Displaying surprising fearful reactions. Clinging to a parent or teacher. Sleeping too much or too little. Eating too much or too little.
- Physical symptoms -- stomach aches and headaches.
- May act normal at home, but act out away from home.
- May express feelings of distress through words such as “worried,” “confused,” “annoyed” and “angry.” Children and teens may also express feelings of stress by saying negative things about themselves, others, or the world around them (e.g. “No one likes me,” “I’m stupid,” “Nothing is fun.”).

ANXIETY

Anxiety occurs when we think that what we perceive to be our abilities will not be sufficient to meet what we perceive to be our challenges.

EXCESSIVE ANXIETY

- Fear can paralyze during the test. Extreme cases can lead to panic attacks
- Fear of fear often leads to avoidance. Extreme cases can lead to school refusal.

ADDRESSING STRESS AND ANXIETY

- Foundation: good study/homework habits
- Week of test = prepare Holistically (mind, body and spirit)
- After test = unwind and return to “normal”

FOUNDATION

- Dedicated place and time to do homework
- Study plan

WEEK OF TEST

- Mind – minimize distractions. Review materials from teacher
- Body – sleep, food, activity levels
- Spirit – monitor emotional state: not too anxious (fearful), but not too relaxed

AFTER TEST

- Unwind – do something fun. Reconnect with family and friends.
- Prepare to return to normal. Review expectations.