Students often feel a sense of anxiety during testing weeks.  Their normal routine is altered.  Class locations and schedules are different than their normal day-to-day campus life.  Seating is rearranged and tests are rigidly administered keeping within time restraints.  Parents can help tremendously by assuring they get a good night’s sleep, eat a healthy breakfast, and arrive at school fully awake and on time.

Even those students who are well prepared can be affected by testing pressures.  **Parents can positively support their students by coaching skills that reduce anxiety and produce better test results.  Sharing these tips with your student will have a positive impact and reinforce your support.**

**LISTEN CAREFULLY TO ORAL DIRECTIONS.**  Then read the directions carefully yourself and highlight, circle, or underline key words.

**READ EACH QUESTION AND TRY ANSWERING IT** before looking at the possible answer choices.

**EVEN IF YOU KNOW THE ANSWER,** read all the answer choices carefully before you make a decision.  You may find an even better answer.

**IF YOU DON’T KNOW THE ANSWER**, highlight, circle, or underline key words that can help you determine the correct answer.

**CROSS OUT ANSWER CHOICES** that you know are definitely wrong.

**IF YOU’RE STILL NOT SURE,** make a reasonable guess.  Ask yourself which answer is true more often or makes more sense.

**DON’T SPEND TOO LONG ON ONE QUESTION**.  Circle the question and move on.

**WHEN FINISHED** go back and complete the questions you skipped.

**DO NOT CHANGE AN ANSWER** unless you are absolutely sure you made a mistake.