

# Counselor's Corner - Mrs. Miller

## March 2022 - Smoketree Elementary

State testing - month of April for 3rd-6th grades

### iKNOW



Show what you know



Use scratch paper when allowed



Good night sleep



Mark out wrong answers



Nutritious breakfast



Read directions carefully



Take your time



Keep a positive attitude



Check answers

### TEST TAKING STRATEGIES



# TEST ANXIETY



Test anxiety is a real thing and also is very common for many students - especially during the month of state testing. State tests are important for many reasons. Be sure your child understands his/her best efforts are important and it is NOT okay to have a “what’s it matter” or “I don’t care” attitude. Help your child by striking a balance of encouraging him/her to do his/her best but to not to get so worried he/she gives up easily or freezes under pressure.

**Show what you know:** Explain that tests give students an opportunity to show all the good knowledge they have learned all year. It also helps teachers/principals know where the gaps are so more focus can be put on those topics in the coming school years.

**Mark out wrong answers:** Explain how to eliminate the answers that the student knows are wrong and narrow down the choices when multiple choices are given.

**Take your time:** Help your child understand that rushing through his/her answers is not helpful. Though tests have a timeframe on them, it can be helpful to skip the hard ones, answering the easier ones, then circle back.

**Use scratch paper when allowed:** Many students are visual learners; writing out the answer first on scratch paper can help students see a mistake before they answer it on the test or work it through on scratch paper while making changes first.

**Nutritious breakfast:** There is so much research that backs up eating nutritious and healthy food gives our brain energy and helps our focus. Support your child by offering healthy choices for breakfast each morning. It is hard to concentrate when we are hungry or have a tummy ache.

**Keep a positive attitude:** Many students get frustrated or nervous and sometimes it can be tempting when feeling discouraged, to say or think negative thoughts and want to give up. Help your child use positive thoughts and keep pushing themselves to hang in there. Perseverance is a great life skill.

**Good night sleep:** Just like healthy food, our bodies and brains need a good amount of rest to rejuvenate. There is a lot of science that supports a child’s brain needs 9-12 hours of sleep each night. Electronic devices should be shut down at least an hour prior to bedtime.

**Read directions carefully:** Remind your child to slow down when reading the directions. Some students might even underline important words in the directions to stay focused and double checking he/she is following through as directed.

**Check answers:** Explain to your child how to go back to any hard questions if need be to check answers but also just go through to be sure he/she answered every question to the best of their abilities.