

# Attendance Assistance Program

March 2024



Spring is in the air—we hope! March is a busy month as schools and students prepare for state testing in late March and Early April. Many schools do spirit weeks and cheer students on during the testing season to promote engagement and positive feelings around the testing process to lower anxiety and hopefully improve scores.

For many students, testing anxiety is real and can cause the student to report not feeling well or other avoidance behaviors to get out of test taking. In truth, this only prolongs the testing process as they are then pulled from regular instruction to complete make-up testing. Here are some tips for helping support your student as we head into the testing season.

Another thing that parents can do is to talk positively about the testing process. Encouraging students to relax and to just do their best. Remind them that its ok to not know every answer and as long as they try, that is all anyone expects of them.

Keeping mornings calm and stress free so that students don't have anxiety before entering the building on test day goes a long way in helping students relax for testing.

A colorful graphic with a yellow border and a blue background. The title "7 Top Test-Taking Tips!" is written in large, bold, yellow letters with a blue outline. The number "7" is particularly large. The text is surrounded by yellow stars. Below the title is a list of seven tips.

1. Get a good night's sleep and eat a healthy breakfast before the test.
2. Be confident and stay relaxed.
3. Read the directions carefully.
4. Read all answer choices before choosing one. Cross out the ones you know for sure are not the right answer.
5. If you're stuck on a question, move on to the next one. If you have time later, go back and try to answer the question you skipped.
6. Make sure you have answered all the questions.
7. Don't get nervous. You don't need to be the first one to finish.

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