



DEVELOPING MINDSETS OF SUCCESS & GROWTH

SUPPORTING CHILDREN IN STANDARDIZED TESTING

TWO TYPES OF TESTING ANXIETY

Trait Test Anxiety

- ❖ Stems from child's preconceived idea of the test
- ❖ Tends to be greatest before the child takes the test

State Test Anxiety

- ❖ Includes physical experience during the test which may include faster heart rate, faster breathing, dilated pupils, release of adrenaline, etc.

WHAT CAN ANXIETY LOOK LIKE?


Physically

- ❖ Trembling or shaking
- ❖ Increased heart rate
- ❖ Excessive perspiration
- ❖ Shortness or rapid breathing
- ❖ Dizziness
- ❖ Flushing of the skin
- ❖ Nausea, vomiting, diarrhea
- ❖ Muscle tension
- ❖ Sleep Problems

Cognitive/Behavioral

- ❖ Concentration difficulties
- ❖ Overreaction and catastrophizing an event
- ❖ Memory problems
- ❖ Worry
- ❖ Irritability
- ❖ Thinking Rigidity
- ❖ Difficulties with problem solving
- ❖ Withdrawal
- ❖ Frequent Need for Reassurance
- ❖ Excessive talking
- ❖ Restlessness/fidgety
- ❖ Habit behaviors (hair pulling or twirling, biting nails)

WHAT DO CAN BE DONE TO DECREASE ANXIETY?

- ✓ Develop a Mindset for Success
 - ✓ Practice a positive attitude toward the test
 - ✓ Ensure self-care routines
 - Appropriate sleep
 - Healthy diet
 - Exercise
 - ✓ Reinforce strategies to diminish negative self-statements/self-talk
 - ✓ Maintain conversations about fears/anxiety/successes
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COACHING A GROWTH MINDSET

INSTEAD OF TELLING MYSELF ...

- I'm not good at this.
- I give up.
- This is too hard.
- I just can't do math.
- She/He 's so smart. I will never be that smart.
- I can't make this any better.

THINK TO YOURSELF ...

- What am I missing?
- I'll use the strategies I've learned.
- This is going to take time and effort.
- I'm going to train my brain in Math.
- I'm going to figure out how he/she does it so I can try it that way!
- I can always improve, so I'll keep trying.

COACHING A GROWTH MINDSET


WHAT WE ARE USED TO SAYING TO KIDS...

- Good job!
- You aren't good at
- You are awesome at
- I'm so proud of you!


USING A COACHING APPROACH ...

- I can really see your effort.
(Praising effort and process encourages kids to keep trying – Dweck)
- You haven't mastered this skill yet.
(The power of **yet** suggests growth & mastery – Pink)
- You are on the right track with
- (Values the work and effort the child put into persevering)
- Tell me what you feel proud about.


WHAT WILL SCHOOL DO TO CREATE A POSITIVE TESTING ENVIRONMENT?

- ✓ Treat the test like a chance to **show what you know** rather than a punitive exercise
 - ✓ Classroom Guidance featuring Relaxation Strategies and Test Taking Tips
 - ✓ Teacher tips to coach students in using relaxation strategies
 - ✓ BBTV announcements will feature students sharing their test taking tips for success
 - ✓ Pre-task rehearsals such as bubbling in scantrons and/or taking practice tests
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WHAT WILL SCHOOL DO TO CREATE A POSITIVE TESTING ENVIRONMENT?

- ✓ Promoting movement to provide “brain breaks” and support focus/attention
 - ✓ Classroom Environment will be monitored to be free of distractions, pleasant room temp, lighting, pencils, etc.
 - ✓ Create plans for testing days that include time to “regroup” following the test
 - ✓ Limit homework and avoid other tests/projects during testing window
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WHAT CAN YOU DO AT HOME TO CREATE A POSITIVE TESTING EXPERIENCE?

- ✓ Maintain your normal schedule and routine
 - ✓ Keep the lines of communication open and promote conversation about testing in a low-stress way
 - ✓ Rehearse scenarios that your child expresses may be concerns
 - ✓ Coach your child to use relaxation strategies such as “belly breathing” and muscle relaxation
 - ✓ Make it the testing window fun and present it as a “Celebration of Learning”
 - ✓ Take advantage of the decreased homework and absence of tests/projects to plan afternoon family time (exercise, play, etc.)
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HOW TO FACILITATE CONVERSATIONS




- Card stock (or regular paper)
- Bendy straws
- Scissors
- Hole punch
- Testing conversation starters

Print and cut out this mustache. punch a hole in the very center. Slide up the straw. You can also trace this image on a piece of foam board for a reusable mustache.


When do you think you started studying for the upcoming tests?	Why do you think we take tests in school?	What are fun things we could do in the evenings of testing days to unwind?
How can you keep your brain healthy for testing days?	What can you do to make sure your body is feeling good on testing days?	When you take a test how do you calm down and relax if you get nervous?
If you ever come to a question that you don't know, what can you do?	What subjects do you know you will rock when testing time comes?	Are there any subjects you are worried about for testing?

PROMOTING MOTIVATION & CELEBRATING EFFORT

Reminders to Do Your Personal Best – Print on colorful paper and make this a celebration of learning

I  you
a question...
Since testing is
o"fish"ally here...
do you know how
proud I am of you?



I  you
to remember you
will shine on
testing day!



FINAL THOUGHTS

Our children's level of testing anxiety often mirrors the level of anxiety demonstrated by the adults around them. Ultimately, we are seeking to gain information about how to best serve our children in building the skills to become successful, life-long learners – *not just exemplary test takers.*

