

8 KEYS OF EXCELLENCE MONTHLY EMPHASIS

EACH MONTH WE HAVE BEEN FOCUSING ON ONE OF THE 8 KEYS OF EXCELLENCE. HERE IS A LIST OF THE KEYS WE WILL BE FOCUSING ON FOR THE NEXT FEW MONTHS.

MARCH:

INTEGRITY

APRIL:

FAILURE LEADS TO
SUCCESS

MAY:

FLEXIBILITY

IMPORTANT UPCOMING DATES

5th Reading TAKS 3/03

5th/6th Math Benchmark 3/04

Block Schedule 3/11 & 3/12

Spring Break! 3/16-3/20

5th Math TAKS 4/07

Test Anxiety

Students today seem to be bombarded with numerous local, state, and national exams. Many children are able to cope well with all these tests while others suffer high levels of anxiety. Overly anxious students fill their heads with many worries as they near exam time. They think to themselves: What if my mind goes blank? If I fail this test I'll flunk the course. If I don't do well my parents and

teachers will be disappointed in me. Other students will finish faster than me. What if I get sick or have to go to the bathroom? What will I do if my hands start shaking?



In some cases the child's anxiety can become chronic and out of control and the child may begin to show signs of depression. Symptoms of depression may include problems sleeping, not eating enough, loss of interest, and extreme sadness. There is hope for these children. Parents and teachers can work closely together to help lessen their anxieties.

Tips to Help Reduce Test Anxiety

1. Parents need to make sure the child is eating a healthy diet. Too much caffeine and sugar can increase a child's nervousness. Stress eating more fruits and vegetables, and less fatty foods.
2. Getting regular exercise helps reduce stress. At least three times a week the child needs to be actively involved in some other vigorous activity.
3. Students need at least eight hours of sleep a night. A lack of sleep doesn't help an anxious child.
4. Comfort the child with hugs. Touch helps to calm the nervous child.
5. Parents must constantly provide unconditional love. Tell the child, "I love you **first**; your school performance is secondary."



Guidance & Counseling

Embrace each child for their unique qualities.

Encourage learning through experience.

To Empower for excellence in every area of life.

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But the person who scored well on a SAT will not necessarily be the best doctor or the best business man. These tests do not measure character, leadership, creativity, or perseverance.

-William J. Wilson

Recommended Resources

-Test Buster Pep rally

-Test Anxiety & What You Can

Do About It



Reducing Test Anxiety (continued)

6. Regular school attendance is very important. . The more days of school the child misses, the farther behind the child gets and anxieties increases.
7. Teach the child relaxation skills.
8. Teach "self talk." Have the child repeat positive affirmations before taking the test. For example, "If I mess up it's not the end of the world. I'll give it my best shot."
7. Teach organizational skills. It is important for the anxious child to have a clean backpack, and an organized agenda.
6. Discourage children from comparing themselves with others.
7. Ask the teacher if the child can keep a stress ball on their desk during test-taking.
8. Have the child take a practice test the day before the real one.
13. Stress the importance of getting to class early on test day. A rushed child is headed for trouble.
14. During the test, remind the child to take small breaks. Tell them to, "Put down the pencil, close your eyes, take two or three deep breaths, and then continue."
15. Students should space out their studying. Do a little every night to avoid "cramming".
16. Remind the child that being well prepared for a test is the number one way to help reduce stress.
17. Tell the child to look over the entire test before starting. Start with the easiest questions first.
18. If the child does not understand the directions to the test, they should be encouraged to ask the teacher to explain them again.
19. Have the students focus on their own tests and not to look around to see who has already finished.
20. When the test is over, have the student go back and look for careless mistakes and to make sure they didn't forget to put their name on the paper.
21. Suggest to the child that they should reward themselves when the test is over. Parents may want to reward the child's effort more than the final grade.
22. If the child continues to struggle, talk to the school counselors to see if they can help.