



Counselor's Corner

May/June 2019

Anxiety-Busters for Kids Taking Standardized Tests

As students in Warren Township Schools grades 3rd through 8th prepare to take the state's standardized test in May, some students may feel intimidated and nervous about what to expect and how they'll do. Many students experience test day anxieties at some point, so learning tips and techniques can help your student manage their worries surrounding tests and exams.

Provide Positive Reinforcement

-In the weeks before an exam, acknowledge that it's coming up and remind your child that they are well prepared from their studies all year. As with any test, avoid punishment for bad performance so that you can remove the fear factor.

Practice Mindfulness and Deep Breathing

-Your students learn many mindful breathing techniques to help with stress and test-anxiety during their mindfulness lessons with their school counselor. Practice belly breathing, square breathing or another one of their favorites at home before homework or stress-provoking situations. Encourage your child to use them at school before assignments and tests.

Teach Positive Self-Talk

-If you've heard your child put themselves down in the weeks leading up to an exam with phrases like, "I'm just going to fail", it's time to step in. Teach your child to use affirmations, or positive self-talk, to turn their thinking around debilitating negative thoughts.

Talk to Your Child's Teacher

-As your child's teacher prepares the class for the test at school, open the communication with them about what works for your child at home. Your child's teacher will also have many resources and information about the test that may be useful to you at home. Your child will feel comfort in having similar strategies in place at home and at school.

Standardized tests have become so common that teachers take special steps to help students relax. By having strategies in place and in practice at home and at school, your child will feel supported and confident during their tests. Reach out to your child's school counselor for more tips on mindful test-taking or if you think your child experiences significant stress around test-taking.

Information adapted from Erin Dower

For further details or information, please contact your child's school counselor:

Mrs. Kelly B. Maire

Angelo L. Tomaso School
(908) 753-5300 x 5305
kblessing-maire@warrentboe.org

Ms. Alyssa Pech

Central School
(908) 753-5300 x 5205
apech@warrentboe.org

Dr. Kelly Stankiewicz

Mount Horeb School
(908) 753-5300 x 5405
kellystankiewicz@warrentboe.org

Ms. Alexandra Pranzo

Woodland School
(908) 7730-5300 x 5505
apranzo@warrentboe.org

Ms. Melanie Maida

Middle School - 7th grade
(908) 753-5300 x5009
mmaidal@warrentboe.org

Ms. Helen Scully

Middle School- 8th grade
(908) 753-5300 x 5007
hscully@warrentboe.org

Mrs. Midge Johnson

Middle School – 6th grade
(908) 753-5300 x 5005
mjohanson@warrentboe.org

Mrs. Carol Brown

Warren Middle School
908-753-5300 x 5101
cbrown@warrentboe.org