

# Smart Cookie Learning Education Forum: Managing Test Stress

## Key Takeaways for Students

- ❖ Gain a Mental Edge
  - Identify the causes of **your** personal stress and work to eliminate or reduce them. Identify activities that help you reduce stress.
  - Prepare a plan of attack for each exam. Identify areas that have caused you test stress in the past and create a plan for how to deal with them on the next test.
- ❖ Gain an Academic Edge
  - Preparation is the key; know what material the test will cover, the type of test (multiple choice, fill-in-the-blank, essay, etc.) and how the test will affect your grade.
  - Create a detailed study plan that identifies everything you need to do between now and test day. Be specific on plan details (i.e. “review Chapter 1” is better than “study math”).
  - Know your strengths and weaknesses, identify the content that you don’t understand, and seek additional help from friends, teachers, tutors, etc.
  - While studying for a test, be sure to identify any test strategies you want to use ahead of time, so that way when it comes up on the test you will be prepared to handle the situation.

## Key Takeaways for Parents

- ❖ How parents can support their student:
  - Have honest conversations with your students about what is causing them stress in life and in school. **Listen** to their answers.
  - Ask your students how you can best support them – what do they need from you? **Listen** to their answers.
  - **Listen** to what your students say without judgment or interjection of your own thoughts.
  - Help students create a plan that will work to eliminate/reduce the stressors in their life. This needs to be a plan that is manageable and realistic.
  - Trust your students; give them the opportunity to succeed on their own. **Empower** them.



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www.smartcookielearning.com (925) 297-5304