



Tips to Ease Testing Stress

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- *Contact the school for testing window states and put them on your family calendar.*
- *Ask if the school will provide snacks and water or if students may bring their own.*
- *Help students get eight to 10 hours uninterrupted sleep. Unplug technology at least an hour before bed and replace with quiet music or reading.*
- *Protein for breakfast, no sugar or caffeine. Same for dinner.*
- *If possible, leave early on testing days, because, frequently once testing begins students cannot be admitted to the classrooms and have to make up test at a later date, which just prolongs stress.*
- *Be aware there is physical, emotional, intellectual stress on students. If parents are anxious it will make children anxious. Be positive.*



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