

Teach your child how to become a more confident test-taker

Test anxiety often comes from self-doubt. If your child doesn't think he will succeed on a test, he probably won't.

You can help him become more confident before a test if you:

- Take off the pressure. Tell your child that tests just show the teacher what he's learned so far, and what he needs help with.
- Avoid last-minute panic. Your child should begin to study several days before the test. Cramming the night before a test rarely works.
- Teach efficient studying. Help your child focus on the material he hasn't mastered yet.
- Help your child connect new material to what he already knows. These connections can help him recall the material during the test.
- Encourage positive self-talk. When your child gets stuck during a test, he can quietly say to himself, "I know this. The answer will come to me."
- Build your child's confidence by reminding him of his strengths.
- Help your child visualize success. Have him close his eyes and picture himself knowing the answers.

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