To West Lab’s parents and students, information to help identify, reduce, and cope with testing anxiety:

**KEEP CALM AND LEARN ON**

- Although M-DCPS students are cognitively prepared for upcoming testing, they might develop a fear of performing poorly on examinations leading to test anxiety. This test anxiety can lead to negative consequences such as psychological distress (i.e. sadness, anxiety and distraction), academic underachievement, and insecurity. However, identification of these negative consequences can help parents and students better prepare to reduce its effect and in turn students can have improved coping and outcomes.

- **Tips to reduce testing anxiety for parents:**
  - Make sure children attend school regularly.
  - Create and maintain a home environment that will help children be well rested during regular school days and during the week of testing.
  - Evaluate children's academic progress over a period of time rather than on one single test score.
  - Talk with their children and encourage them to do their best.
  - Encourage children to maintain a healthy diet and exercise on a regular basis.
  - Be proactive, contact school officials if you have questions concerning test results.

- **Tips to reduce testing anxiety for students:**
  - Consistently develop good sleeping habits, especially during the week of the test, and maintain a healthy diet and exercise regularly.
  - Avoid cramming, develop good study habits, and good test taking skills.
  - Wear comfortable clothes during the exam and maintain a comfortable and relaxed body posture during the test.
  - Be aware of time allotted for the test and read directions carefully.
  - Do not compare themselves to other students while taking their test.
  - Take deep breaths and attempt to regain composure when anxiety levels are high or when negative thoughts are present.

- Test anxiety impacts students from all backgrounds, grade levels and academic abilities. Taking the proper steps and planning ahead can lead to better outcomes both academically and emotionally.