

Title:

Test-Taking Tips Help Reduce Student Anxiety

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Summary:

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Keywords:

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Article Body:

Standardized tests are becoming increasingly common at all levels of public and private schools.

Tip #1: Read all directions carefully! Oftentimes in test-taking environments, the adrenaline

Tip #2: Listen attentively to the teacher or proctor. It's very easy to let anxiety take over

Tip #3: If the directions are confusing, ask! Your child's teacher is there to help explain un

Tip #4: It's OK to take a break. Time management is important, but not if it means that your c

Tip #5: Manage time well. Good time management is critical to good test taking. It doesn't mat

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