

COUNSELOR'S CORNER



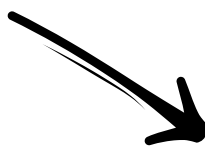
April

Test Anxiety

As our middle and high school students progress through their academic journey, they encounter various challenges, one of the most common being test anxiety. Our middle and high school students will be taking the IOWA state tests the week of April 22nd and this may cause some increased anxiety for your children. As parents, we understand the impact this can have on our children's well-being and academic performance. In times like these, it's essential for us to turn to our faith for guidance and support.

Scripture offers us wisdom and comfort in dealing with anxiety.

Philippians 4:6-7 reminds us, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." In this month's newsletter you will learn about ways to help your child through testing anxiety whether it be the upcoming IOWA tests or even final exams at the end of the year. Remember that overcoming test anxiety is a journey that requires patience, understanding, and faith. By supporting your child with love, prayer, and biblical wisdom, you can help them navigate this challenge with confidence and peace.



Upcoming events:

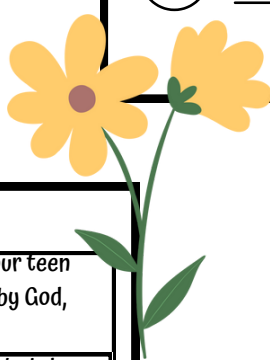
- 4/10: 7-10th grade band concert
- 4/16- 4/19: 7th-8th grade DC trip
- 4/22- 4/26 : IOWA Testing
- 4/27: Junior/Senior Prom



Parenting Resources:

Test taking skills/preparation

POSITIVE AFFIRMATIONS	Tests do not define their worth. Help your teen to know their worth can only be judged by God, not a test.
PREPARATION	Help your child establish a study routine that includes regular review sessions and breaks. Proverbs 16:3 teaches us to commit our work to the Lord, knowing that our plans will succeed.
HEALTHY COPING SKILLS	Teach your child relaxation techniques such as deep breathing, visualization, or mindfulness exercises. Psalm 23:1-4 reminds us that God is our shepherd who leads us beside still waters and restores our souls.
SELF CARE	Be sure to get a good nights sleep before a test and eat a healthy breakfast. Along with rest and nutrition it is important to fulfill our spiritual needs by reading the Bible and engaging in prayer.
SUPPORTIVE ENVIRONMENT	Create a supportive and encouraging environment at home where your teen feels comfortable discussing their feelings and concerns. Galatians 6:2 encourages us to bear one another's burdens and support each other in love.



Symptoms of test anxiety...

- SWEATING
- SHAKING
- NAUSEA
- DEPRESSED MOOD
- LOW SELF ESTEEM
- ANGER
- FIDGETING
- FORGETFULNESS
- NEGATIVE SELF TALK
- AVOIDANCE

