

Supporting Students through Standardized Testing

Shift the Mindset

- Reinforce that test scores don't define their intelligence or potential.
- Emphasize that tests are just a snapshot of learning, not a personal judgment.
- Use SEL strategies to help students manage test anxiety.



Prepare Students Effectively

- Clearly explain the test format and expectations.
- Provide strategies like process-of-elimination and time management tips.
- Offer practice sessions in a low-pressure environment to build confidence.

Used Arts-Based Strategies

- Concentration Circle Activity: Have students practice focus and mindfulness through theater-based exercises.
- Visualization & Movement: Use drawing, music, or physical movement to reinforce key concepts and reduce stress.
- Role-Playing: Let students practice test scenarios in a fun, engaging way.



Reduce Anxiety in the Classroom

- Create a calm, supportive testing environment.
- Encourage deep breathing exercises and brain breaks.
- Normalize mistakes as part of the learning process.

