

TEST TAKING TIPS

MCA testing is well underway this school year. For many this is a dreaded task, but it doesn't have to be. Several easy, but effective practices can turn this "necessary evil" into an opportunity! Talk to your child about MCA testing. Ask them how they feel about it--and LISTEN.

Focus on EFFORT. I always tell my students, "I'd rather you get a hard-earned C than an easy A!" Mention evidence of their work ethic: times you've caught them studying, doing homework, reading or pursuing a goal. Ask your child, "How hard did you work?" instead of "How did you do?" Thank them for their effort.



Make sure your child gets rest for at least two nights before the big day. It is often hard to wind down earlier than usual so send them to bed with a book, relaxing music or a pencil puzzle. On test day, ensure they eat a good breakfast. Bread and cereal spike your blood sugar for a short time. Balancing protein and carbs keeps a consistent blood sugar level and therefore better focus throughout the morning!

You wouldn't think it'd make much of a difference, but it does: comfortable clothes and a relaxed mind! Many kids have a favorite outfit or style. Clothes can give us confidence and comfort. Also, talk to your child about relaxing. Help them recognize when anxiety creeps in. Work together to find strategies to combat nerves: slow, deep breaths, prayer or visualizing a peaceful place. Everyone has something that helps calm them.