

Mindful Memo

Week 30 – March 28th-April 1st, 2022 – RCMA Wimauma Community

Calming Test Anxiety Through Mindfulness

It's hard to believe FSA testing starts next week! This time of year brings many stressors to our scholars and those who support them. Signs of test anxiety/stress can come in the form of fatigue, stomach aches, sweating, rapid heartbeat, and nausea. It's our job to keep students calm and confident, while managing our own anxieties. Use these tips to bring positive energy into your testing environment. Let's go from good to great! We've got this!

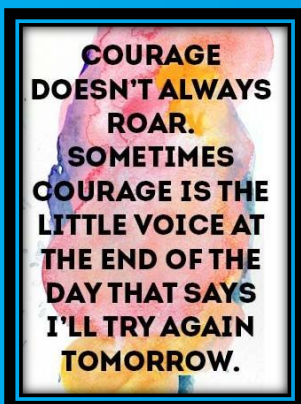
Visualization is a great exercise for test anxiety. Visualize your day going well, and your scholars succeeding. Invite them to imagine themselves confident and focused as they test.

Breathe. Simple techniques such the Box Breathing technique below, are easy to perform in the testing room. You can also remind scholars of the important calming skills they've learned in Second Step.

Take care. Ensure you and your scholars are well-rested, hydrated, and are not testing on an empty stomach. Be present and check in with each scholar.

Prepare and reassure. Prepare scholars for what they will do and see on test day. Reassure them they may not know everything and that's okay. Addressing the most common anxieties will help scholars stay present.

Expect the unexpected. Having a plan for if things don't exactly go as expected can help you stay calm in the moment and tackle the problem calmly.



Physical Symptoms of Anxiety



Increased
heartrate



Hot flushes



Increased
perspiration



Needing to go
to the toilet