

Innovative Learning Department

How to Reduce Test Anxiety for Gifted Learners

Zuzel Rodriguez

Curriculum Supervisor for Gifted and Talented



First we must recognize that students take their cues from us, the adults in their lives (parents and teachers). If we are anxious, they will be anxious.

Here are some mindfulness activities we can practice as adults to reduce anxiety:

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>



Here are some videos on test anxiety you can share with students:

For secondary students: <https://www.princetonreview.com/college-advice/3-ways-to-conquer-test-anxiety>

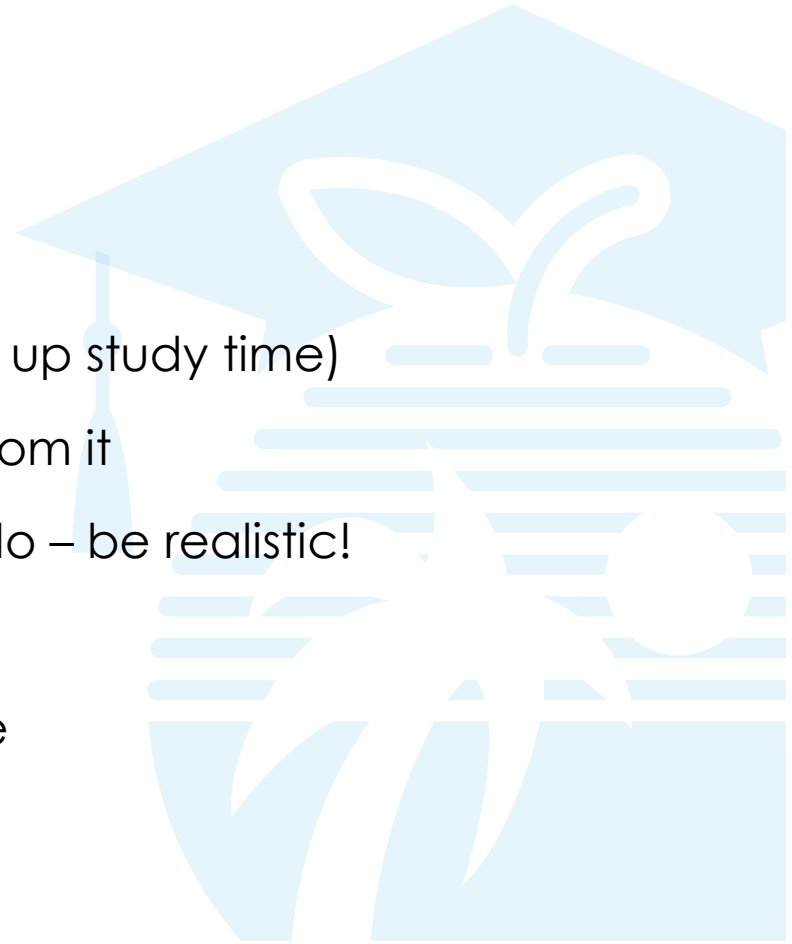
For elementary students:

https://www.youtube.com/watch?v=sDYx9qM_ygg



Before Testing: Teach and Review Time Management Skills

1. Make a weekly or daily to-do list
2. Use a calendar or planner
3. Get up early to get stuff done
4. Reward yourself when tasks are complete
5. Schedule your “me” time (so it doesn’t eat up study time)
6. Read the syllabus/notes and make plans from it
7. Prioritize and schedule what you need to do – be realistic!
8. Set aside study/class work hours each day
9. Have a spot where all studying takes place
10. Make or join a study group



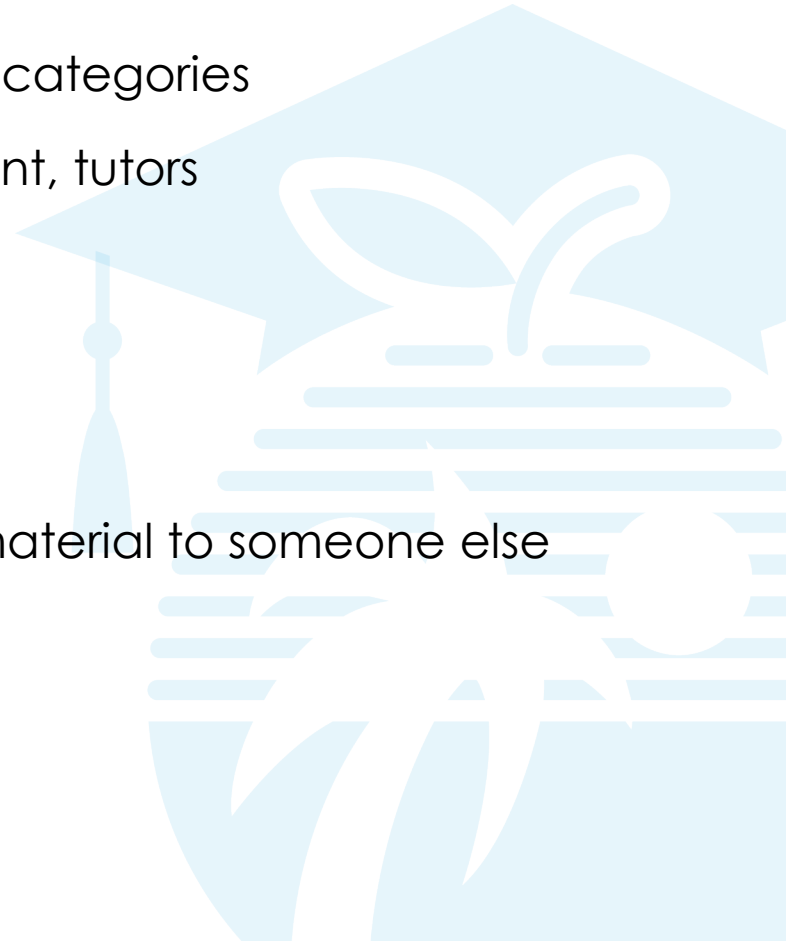
Before Testing: Teach Note Taking Skills

1. Use teacher notes from class syllabus, Canvas course, classroom, etc.
2. Paraphrase teacher's words
3. Take up as much space as needed
4. Review your notes every night
5. Create your own abbreviations
6. Jot down any ideas that the teacher repeats
7. Notice verbal cues – “Now this is important”
8. Highlight your book/class materials
9. Write down all examples
10. Rewrite your notes after class



Before Testing: Test Preparation

1. Make flashcards
2. Rewrite/re-read your notes; reorganize into categories
3. Get help if you need it: ask a teacher, parent, tutors
4. Don't cram!
5. Know the test format
6. Get all of your questions answered
7. Verbalize what you know – tell/teach the material to someone else
8. Be caught up on all work for the test
9. Identify your problem areas



Before Testing

Have a parent meeting to set up expectations at home and monitor study habits. This article talks about what parents and students can do at home to develop positive study habits:

<https://www.positiveparentingsolutions.com/parenting/good-study-habits>

Visit the Florida DOE website:

<https://www.fldoe.org/accountability/assessments/k-12-student-assessment/best/>



During Testing

Get enough sleep and eat a good breakfast.

Do something relaxing before testing.

Use mindfulness techniques to “let go” of anxiety.

Don’t aim for perfection.

Remind yourself that some tension is normal.

Use any breaks to breathe deeply and relax.

Start working on test immediately. Plan what you want to do first or just start. Don’t hesitate.

Skip questions that are too difficult. You can return to them later. Plan to use the entire test time.



After Testing

1. Debrief, but focus on the positive. What do they feel went well?
2. Rest. Test-taking is difficult for everyone, but it can really take a physical toll on children with high levels of anxiety. Allow time for your students to rest and relax. They need it.
3. Move on. It's over now. There's nothing left to do. Remind your gifted child that they've done their absolute best and no matter what, your opinion of them won't change. Remind them that you're proud of them for facing their fears and getting through it.



Resources for Managing SEL of Gifted Learners

- https://nagc.org/page/family_tip_sheets
- <https://www.sengifted.org/>
- <https://www.byrdseed.com/10-facts-about-social-emotional-needs-of-the-gifted/>
- <https://www.davidsongifted.org/gifted-blog/anxiety-sensitivities-and-social-struggles-among-profoundly-gifted-kids/#:~:text=Among%20profoundly%20gifted%20children%2C%20anxiety,extracurricular%20activities%20and%20social%20events.>
- <https://giftedchallenges.blogspot.com/2014/02/tips-for-taming-test-anxiety-because.html#:~:text=Prepare%20for%20the%20test,Practice%20stress%20management%20techniques.>





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