UNDERSTANDING YOUR CHILD

To determine how stress is negatively affecting your child's test performance, please review the following list based on your observations. Which items apply to your child? You can record your answers on a sheet of paper or online.

My child . . .

○ 1. is extremely nervous while studying for a test, talking about the test, taking the test or waiting for results.

○ 2. is very worried he/she will fail.

○ 3. refuses to study.

○ 4. can't grasp the material.

○ 5. is highly irritable before tests and/or when the results have arrived.

○ 6. continually compares himself/herself unfavorably with others.

○ 7. is habitually disorganized around studying.

○ 8. continually struggles with difficult concepts.

○ 9. can't sit still when studying and when taking a test.

○ 10. seems to understand the material but doesn't trust himself/herself on the test.

○ 11. can't see the relevance of the subject.

○ 12. tries to memorize material without understanding it.

○ 13. does poorly on the test itself even though he/she has studied hard.

○ 14. may be reacting to stress that I myself am causing with my own worry.

Let's analyze the items that best reflect your child so you can refer to the appropriate sections of this book:

If you identified

items . . .	this is an issue of . . .	go to . . .
4, 8 or 12	Understanding the content. Your child needs to learn **how to prepare.**	"Trouble with Content" on page 167.

items . . .	this is an issue of . . .	go to . . .
1, 5 or 9	Tension and anxiety. Your child needs to learn to **calm down.**	Chapter 4: "How to Calm Down" on page 35. "Calming Down" on page 168.

items . . .	this is an issue of . . .	go to . . .
2, 6 or 10	Self-doubt. Your child needs to learn how to be **confident.**	Chapter 5: "How to Be Confident" on page 59. "If Your Child is plagued by Self-Doubt" on page 169.

3, 7, 11 or 13	Not having goals and/or becoming distracted. Your child needs to learn how to stay **focused.**	Chapter 6: "How to Stay Focused" on page 87. "If Your Child Has Difficulty Staying Focused" on page 170.

14	You may be negatively influencing your child. You need to learn ways to reduce your own stress about the test results.	"Are You Causing More Stress for Your Child?" on page 171.