

Jim Stone Elementary School Counselor's Corner April 2019

CONFIDENCE

How do I contact the counselor?

If you ever need me for any reason, please feel free to email, call, or stop by and make an appointment to see me.

Raven Haynes, School Counselor
Email: haynesr@conwayschools.net
Phone: (501) 450-4808

Ask the School Counselor...

Parent: My child gets worried and anxious when she is taking big tests. She wakes up with stomachaches and doesn't want to go to school. She says that it is hard for her to concentrate especially when she sees other children finished and she is not done yet. What can I tell her to help her work through this test anxiety?

Counselor: Feeling anxious on the day of a big test is normal. It is important to remind your child that a little bit of anxiety is normal and helps keep her on her toes. It is important for her to do her best job. Everyone works at a different pace and it doesn't matter who finishes first. It's about showing what you know. Remind her if she feels stressed to stop, take a couple deep breathes. Teach her to be her own cheerleader and come up with some positive self-talk such as: I can do this, I am smart, I will try my best. You can also make sure she is getting enough sleep before the test, eating a good breakfast and is on time for school. All of these things will help your child feel more prepared and ready to take the test.



4255 College Ave. Conway, AR
(501) 450-4808
Go to conwayschools.org and click on schools to find our website.



Confidence

Reliance or trust; A feeling of self-assurance

*Applying at home:

-Ask your child to think of three ways they can develop confidence at school, home or playing sports and have them discuss these ways with you.

* Applying on the golf course:

-Look for what you are doing well regardless of the outcome

* Confidence plays a key role in the level of play that one achieves. Players can increase confidence in their abilities by being positive and focusing on something they are doing well regardless of the outcome.

* Confidence is developed through a consistent effort to maintain a positive attitude, valuing small improvements in your game, and paying attention to thoughts, feelings and types of situations that help strengthen your confidence level. Players should reflect on all aspects of your game to determine where you have a high level of confidence or where they could spend time to develop their game to the fullest potential.

Resources for School Success...

NWEA Information <https://www.nwea.org/>

ACT Aspire Information <http://www.discoveractaspire.org>

Lexia <http://www.lexialearning.com>

School Family Website <http://www.schoolfamily.com/>

Conway Public School District www.conwayschools.org