



Division of Education, Innovation and Energy

Student Support Services Unit

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S.E.A PREPARATION AMIDST COVID-19

Parents, you are your child's first and most important teacher.



What Can You Do?



What should your child be doing now?



- Participating in all activities given by teachers e.g. Zoom sessions.
- Completing assigned work everyday.
- Attempting S.E.A practice tests (keeping to the time allotted).
- Eating nourishing meals.
- Getting 8 – 9 hours of sleep every night.

How can you help?

- Check in with the teacher - ask how your child is coping.
- If your child is *not* managing well or keeping up, ask for suggestions about what you can do to help.



What else can you do ?

- Monitor your child's television, video game and internet use.
- Without proper supervision, children spend far more time on these activities than on completing homework or other school-related projects.



Managing Test Anxiety



What is Test Anxiety?



A worry or fear caused by having to take a test.





Causes of Test Anxiety

- Too many **expectations** – from school, teachers, parents and self.
- **Uncertainty** - not knowing when the exam will take place.
- Feelings of **inadequacy**.
- Being **overwhelmed**.
- Feeling **challenged**.

Ways to help your child/children cope

Ensure that your child/children:

- **Exercise regularly.**
- **Get adequate sleep & eat healthily.**
- **Avoid unnecessary distractions but take breaks to calm down.**

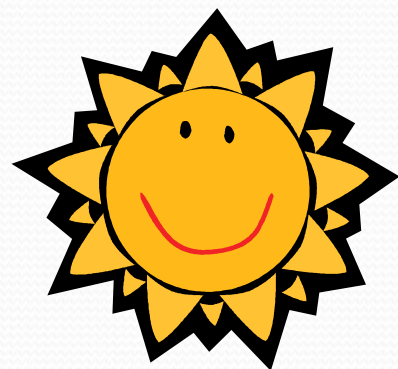
Ways to help your child/children cope

Ensure that your child/children:

- **Keep a journal** – this gives them a chance to express their thoughts.
- **Use relaxation strategies**
 - *Visualization* is a great one. It involves imagining themselves and their five senses in a more relaxed place. Every effort is made to return to a level of calm.
 - *Taking deep breaths* is also an effective way to help relax their bodies.

Ways to help your child/children cope

- Make **positive statements** to *and* about your child/children.
- Visualize/ picture your child/children completing the S.E.A. **successfully**.



Everyday until the S.E.A. exam
reassure yourself that your child
is ready to do his/her best!

