

HIGH SCHOOL ADMISSIONS / SHSAT  
TIPS ON HOW TO REDUCE STRESS

- Have your child help craft a study plan to prepare for admissions tests; get his or her input on what seems fair and not too burdensome.
- Try not to focus on a Top 3, or even a Top 5. There are so many great schools, and on the whole most children end up at a school that is just right for them.
- Spend time thinking about what schools would be a good fit for your child's personality and priorities. Talk to your child about what makes him or her excited about high school – it can be sports, languages, clubs, foreign travel, or even outside lunch!
- Build in “rest” days for studying, and plan something fun for those days. Incentivize completion of workbook sections – emphasize confidence around a topic, not mastery.
- Eliminate all language about “acing” the test – no one aces the test! Stress that you want your child to feel comfortable with the subject material, and that is the reason to practice. Just like you practice an instrument!
- Find fun things to do at the schools that interest your child – attend school plays or musicals, or sports events.