



### For Immediate Release

The New York State School Boards Association (NYSSBA) and the New York Association of School Psychologists (NYASP) recently released a report in regards to levels of anxiety that students experience related to New York's state testing program ([Anxious for Success](#)). We are pleased with the attention that this report has garnered and hope that it generates conversations among parents, educators, and policy makers regarding the use of high stakes testing and methods to help children cope with adverse reactions to these tests.

However, NYSSBA and NYASP want to provide clarification on the interpretation of the survey findings, which serve as the basis of the report. The survey of school psychologists clearly indicates concern for the level of anxiety that children are experiencing related to state testing. In fact, school psychologists have noted increased levels of test anxiety over the past few years. However, the causes of increased anxiety are multifaceted. While some may want to make a direct connection with Common Core standards, the data from the survey does not support this conclusion. This study does not address the Common Core standards themselves. It addresses test anxiety associated with high stakes tests (e.g., state level exams). It is the overuse and misapplication of standardized testing that appears to be associated with increased anxiety, not the standards or content on which students are being tested.

NYSSBA and NYASP want the report to stimulate conversation about how New York and our nation use high stakes testing and how parents, educators, and school employed mental health professionals can work together to support children.

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