

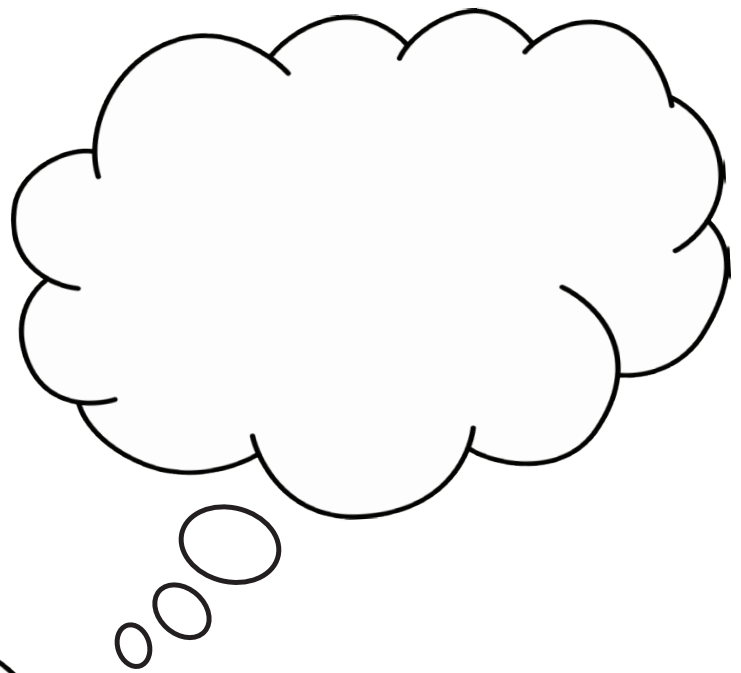
Outsmart Test Anxiety



Have you ever studied super hard for a big test—read the material inside and out, maybe even made flashcards that you memorized until you dreamed about them—only to flop when the test came?

You might be surprised to learn you're not the only one! A lot of students experience test anxiety, which is what happens when nerves take over knowledge and cause you to freeze up during an exam, no matter how ready you might be to take it.

In the thought bubbles below, write some feelings you have when you take a test.



Remember a time you were anxious before a test, then answer the questions in the chart below (continues on the next page):

<p>How many hours of sleep did you get the night before your test? Did you feel sleepy or wide awake?</p>	
<p>What did you eat for breakfast the morning of your test?</p>	
<p>What were you feeling on the day of your test? Were your thoughts positive or negative?</p>	
<p>When you got your test, did you believe you could do well or did you talk yourself out of success?</p>	
<p>How did you feel after taking your test?</p>	

Do you wish you'd done anything differently?	
What grade did you receive on your test?	
Do you think you could've done better?	

What things do you notice from your answers in the boxes above that might affect how you feel about or perform on a test?

What do you think you could change to prevent anxiety when you take a test?



What is the worst thing that could happen when you fail a test?

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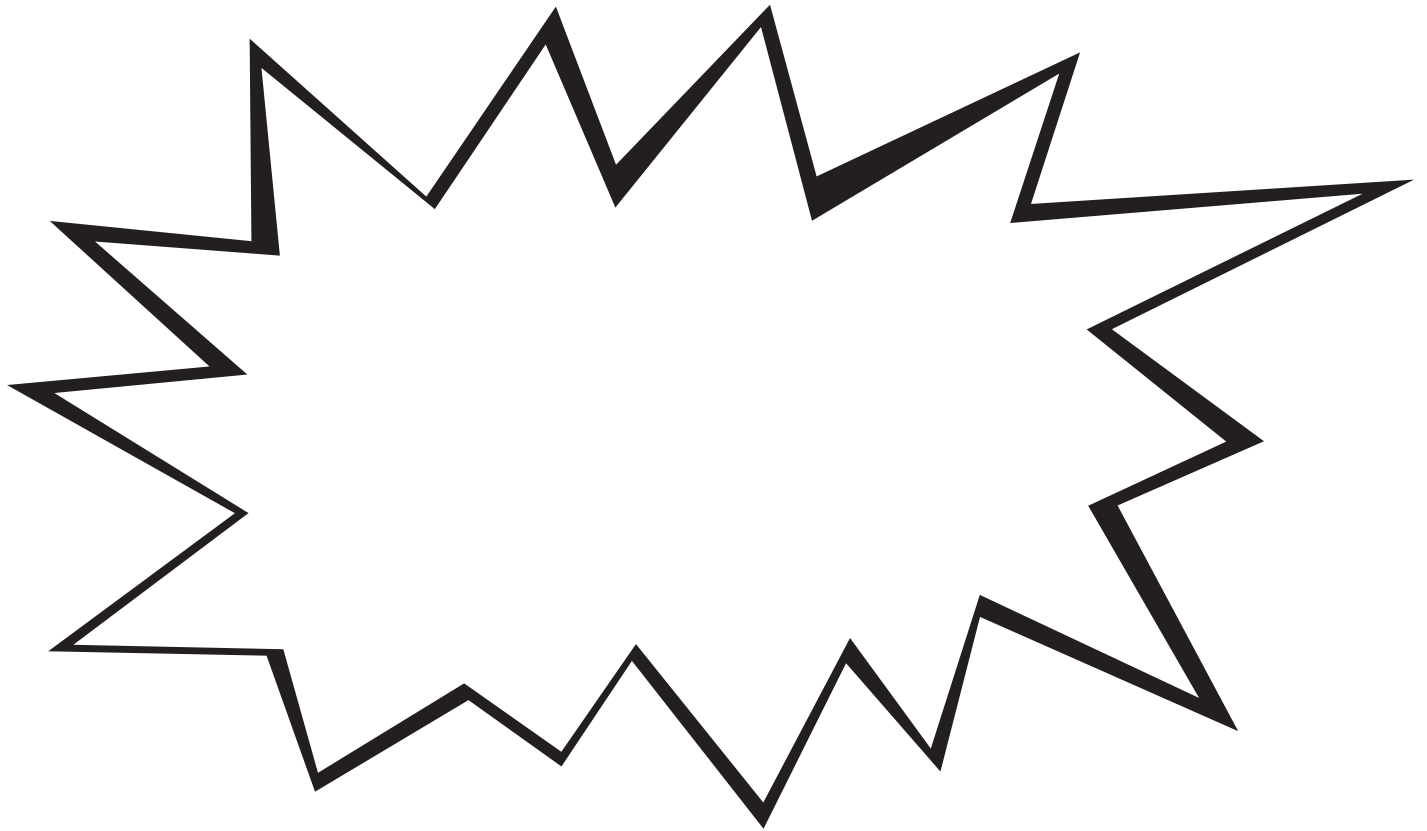
Sometimes, our fears are bigger than our reality. When test anxiety sets in, our fears can seem enormous compared to the actual consequences of not doing well on a test. Use the chart below to compare imagined fears with real consequences.

Anxiety tells me:

Reality tells me:

In the shapes below, draw what your anxiety about tests looks and feels like, and then what the reality of tests looks and feels like.

Anxiety:



Reality:

