




Do you ever feel like
this when it's time to take a test?



I know all the stuff we learned, but
as soon as I sit down to write the test,
it just seems to vanish!



I got so worried
I forgot my own name!




Sometimes I'm so nervous
I can't remember anything I studied.
I can never remember what I know.
It's so frustrating!

Ms Tully


How many times have you sat down to take an assessment, waited nervously for the teacher to pass out the test, then suddenly your mind goes blank and everything is just a blur? You begin to get very anxious about how you will make it through the SBA or the test. Many people have experienced those unsettling emotions before a test, including me. I know it might be hard to believe, but you can work through it! The following pages of this power-point have some hints that may help you relieve what many people call Test Anxiety.


 First of all, get a good night's sleep. You don't want to be too tired to focus on the information presented to you.




 Eat a good protein filled breakfast. You need that energy!



 Don't listen to others talk about how nervous they are! You need to think positively.

 Try some deep breathing exercises just before you begin the test. Think of a place that makes you feel peaceful. It can really help the mind and body relax!



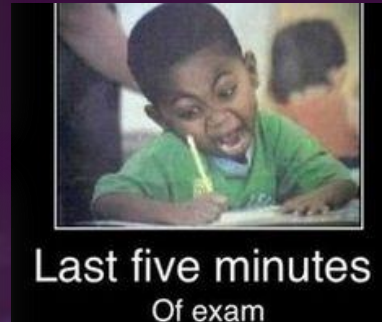
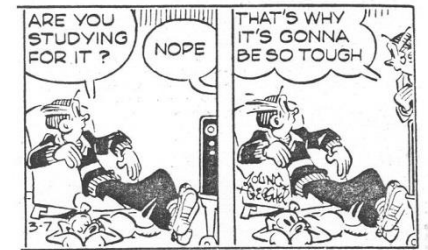
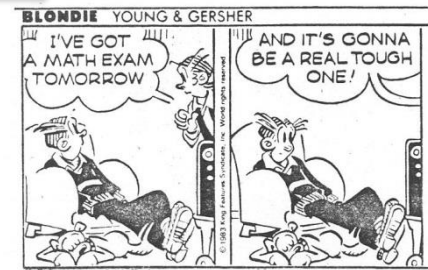
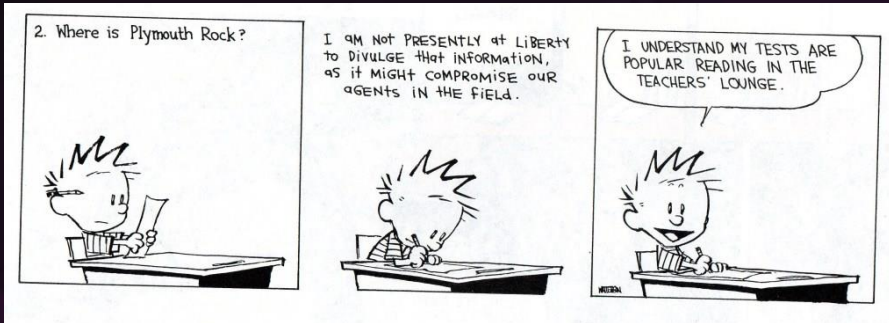
 Don't hesitate to stop and think to organize your thoughts. It's okay if others are writing and you are not! Brain Breaks can be helpful.



 Don't get nervous if others finish first. Use all of your time wisely.



A few cartoons to make you smile...



Anxiety, stress or tension is one of leading causes of **CLENCHING**.

