

WHAT IS TEST



ANXIETY??

Some students get **SO STRESSED** that they feel sick and nervous when it comes time to take a test.

What is stress???????

- A feeling you get that can affect how well you do on a test. Feelings of fear or worry.

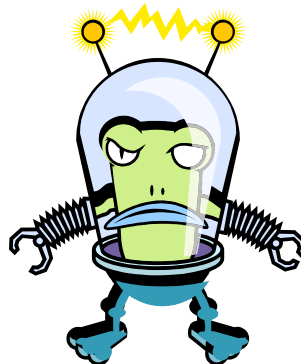
CROSS OUT ANY OF THE FOLLOWING THAT YOU CAN CONNECT WITH:

I'm too tired to think! I was up ALL night worrying.

I can't FOCUS.

I don't feel good. My heart is pounding and I'm sweaty.

I can't remember anything I studied.



My stomach aches.



WHY do tests make students so STRESSED?

There are lots of reasons! Below, cross out every other word and write the words that are left on the line:

1. Cats don't bark want dog to crazy disappoint meow their fun parents.

They _____

2. Cars are fast afraid trucks they'll jump get paper in high trouble with if people they radio fail.

They _____

3. Mona think tests if black they carry fail collar they'll cry have worksheets to study stay homework back paper a student grade.

They _____

4. Win worry locker about job looking fun bad test in back front calculator of quiz others.

They _____

5. Carl feel green like circles they played have tired to catch do walk better worry than run everyone yell else.

They _____

6. Lose think practice they're reading no history good prepare because parents they succeed don't play do sad well black on scary tests.

They _____

What worries you about testing?

It's important to talk to someone you feel comfortable with about what you wrote. Don't keep your worries all bottled up.

CHILL OUT TIPS



CAREFULLY READ THE INSTRUCTIONS

TAKE 3 SLOW DEEP BREATHS

TAKE YOUR TIME- DON'T WORRY ABOUT HOW FAST OTHER STUDENTS ARE WORKING

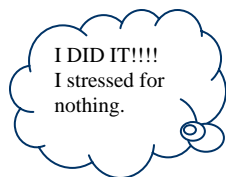
CLOSE YOUR EYES AND IMAGINE YOURSELF BEING CALM

DON'T SPEND TOO MUCH TIME ON ONE QUESTION –MOVE ON

THINK POSITIVE & REMIND YOURSELF THIS IS ONLY A TEST

ALLOW ENOUGH TIME TO STUDY-NO CRAMMING

IF YOU FEEL STRESSED, STRETCH A LITTLE TO LOOSEN UP



TEST TYPE!!!

TESTS CAN HAVE SEVERAL DIFFERENT TYPES OF QUESTIONS. BELOW ARE SOME COMMON TYPES OF QUESTIONS:



MATCH THE ?? TYPE



WITH THE CORRECT EXPLANATION

TYPES:

1. Matching
2. Fill in the blank
3. Short answer
4. Essay
5. True or False
6. Multiple Choice

EXPLANATIONS

- a. Complete the missing word.
Example: This worksheet is all about _____ stress.
- b. Decide if a statement is correct or incorrect by marking through "true" or "false".
Example: Water is wet. True or False
- c. Answer the question below by writing a short essay. Example: Why do dogs bark?
- d. Choose the correct answer from the choices below: Example: Which of these animals moo?
a. dog b. cat c. cow d. horse
- e. Answer the following question using 1 or 2 complete sentences.
- f. Match the words below to the correct explanation or definition:

Ask your teacher what type of ?'s will be on the test.

The MORE YOU practice the better you will become!

Practice ? types before the test.

On the back of this page answer the following two questions:

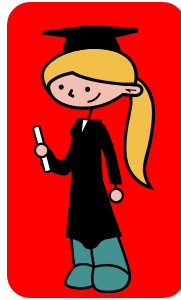
1. Which type of question do you find easier?
2. What type of question is more stressful and why?

WHAT IS A STANDARDIZED TEST??

A test to determine what you have learned compared to other students the same age.

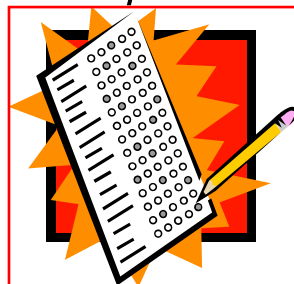
That test sounds stressful!

It may sound stressful but it's just different. If you use the same tips you learned in this worksheet you will do GREAT!



HOW ARE STANDARDIZED TESTS DIFFERENT? THEY.....

- May be longer
- May cover more subjects
- May be timed
- May have an answer sheet where you carefully fill in lots of circles.



ARE ALL STANDARDIZED TESTS THE SAME???

NO, THEY MAY HAVE DIFFERENT NAMES DEPENDING ON WHAT STATE YOU LIVE IN.



CHECK IT OUT... www.whoknewteststress.com

Password: NoTestStress