

Taking Appropriate Classroom Notes

UNIT OR BACKGROUND
Preparing for Tests and Exams

Overcoming Test Anxiety

Developing Study Skills



(Lessons)

Lesson Topic:
Overcoming Test Anxiety

IS ABOUT

Recognizing the causes of test anxiety, and learning the skills to overcome it and find success on tests and exams.

4. What is test anxiety?

2. Have I developed proper test taking skills?

3. Am I properly prepared on test day?

1. Am I confident in my ability to do well?

DISCUSSION: Relationship -1) Lesson to Unit AND 2) Importance of Lesson to Daily Life

- Overcoming test anxiety is essential for test preparation.
- Success on tests will lead to success in secondary and post-secondary education.

Self- Test Questions (Evaluation):

- Do I understand the symptoms of test anxiety?**
- What do I need to do to be prepared for my tests?**
- Do I know the best test taking strategies to be successful on test day?**
- Do I understand ways to manage stress and find needed help?**

Tasks/Strategies:

- Discuss physical/mental reactions to test day.
- Analyze students' processes for test preparation. Are they finding success with what they do?
- Discuss test -taking strategies.
- Discuss how stress plays a role in test taking, and what strategies can be implemented during a test to feel more confident: eat before test, get plenty of sleep, exercise, and use a stress ball.

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