

In this activity students will brainstorm and implement techniques to help reduce the stress of tests.

HIGH SCHOOL: ACTIVITY 2

TEST DE-STRESS

1. Ask students to consider the following three methods for easing test anxiety: *Preparation, Planning and Peace*, then brainstorm strategies for each. Record their responses on the board.
 - **Preparation** examples may include trying new notetaking skills, reviewing class notes daily, using online tools such as www.quizlet.com and attending review sessions or test-prep classes.
 - **Planning** examples may include recording test dates on a calendar, blocking off study time in a planner, organizing group study sessions and registering for the SAT or ACT well in advance.
 - **Peace** examples may include getting plenty of rest, using relaxation techniques prior to a test, eating a healthy breakfast and allowing extra time to arrive early for the test.

2. Ask students to choose one or two strategies to implement before an upcoming test. After a couple of weeks, follow up and ask them to reflect on what helped (and what did not).

Take it to the NEXT level:

Provide students with a list of SAT / ACT test preparation courses that are available in your area. Encourage students to consider enrolling in one of them to learn successful test-taking strategies and become more familiar with the tests.

To follow reading and discussion of **Get Your ACT or SAT Together** on page 15.



Florida Standards Assessment

- SP.PK12.DH.2.2
 Maintain a time management and organizational system for academic studies.

Materials/Preparation

- Chart paper/board