

Testing Anxiety

Jacket Parent Academy

Fish have become an enormously popular entity in our current lifestyle. With the recent growing influence of body image and staying fit and trim, combined with some concerns surrounding the consumption of red meat, many Americans have turned to the sea in search of new delightful dinners. From calamari, to mussels, to cod, tilapia, and mahi mahi, the “other other” white meat is becoming as prominent in our diet as was the old American hamburger.

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- However, the recent drive toward underwater treats has caused many animal activist groups including the World Wildlife Fund (WWF) to have major concerns about the possibility of overfishing. According to Webster’s dictionary, *overfishing is the act of fishing to such a degree as to upset the ecological balance or cause the depletion of living creatures.*
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- And the problem is bigger than one might think. A new study claims that more than 80 species and subspecies who inhabit the waters off the North American shores may face the threat of future extinction. The problem is so prevalent that some local governments have been forced to create laws that limit or even halt the fishing of certain species of fish. Though the regulations attempt to solve the issue of extinction, critics claim that they are costing Americans jobs, as
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- thousands of former fishermen head to the unemployment lines. This problem that haunts both lawmakers and ecologists surely has no easy answer but as people search for more ways to sauté their salmon, or flambé their flounder, someone needs to continue to fight for our aquatic friends, or we may end up in a situation where we can feast on fish no more.

Parent Exercise

1. *Why are Americans turning to the sea in search of good dinners?*

- a) **influence on body image**
- b) **because it tastes good**
- c) **because it's cheap**

2. *What's the name of the group who is worried about overfishing?*

- a) **HHS**
- b) **WWF**
- c) **SECU**

3. *A new study claims that 5% of species may face the threat of future extinction.*

- a) **True**
- b) **False**

Questions

What is Testing Anxiety?



Test Anxiety is...



- A combination of physical symptoms and emotional reactions that interfere with your ability to perform well on tests.
- Test anxiety is a psychological condition in which people experience extreme distress and anxiety in testing situations.
- Test anxiety is actually a type of **performance anxiety** — a feeling someone might have in a situation where performance really counts or when the pressure's on to do well.

Approximately 25–40% of US students suffer from test anxiety.

16 percent of college and high school students have high test anxiety.

In fact, kids with test anxiety perform about half a letter grade below their peers.

35% of all students have



moderate,
high,
or severe
test anxiety.

Statistics

It peaks in grades 2-4,
but it sticks around for years.

- Students who worry a lot or who are perfectionists
- Students who aren't prepared for tests but who care about doing well
 - May not have studied enough
 - May find the material difficult
 - Feel tired because he or she did not get enough sleep the night before

Who's Likely to have Testing Anxiety?



Signs

Signs

<i>Symptoms can include:</i>	1. Gastrointestinal issues	2. Dry mouth
3. Shortness of breath	4. Rapid heartbeat	5. Excessive sweating
6. Tense muscles	7. Feelings of dread	8. Racing thoughts
9. Blanking out	10. Feeling lightheaded or faint	11. Fidgetiness
12. Restlessness	13. Difficulty concentrating	14. Negative self-talk
15. Self-doubt	16. Dread	17. Catastrophizing
18. Fear	19. Stress	20. Feelings of inadequacy
21. Anger	22. Guilt	23. Shame
24. Disappointment	25. Hopelessness	26. Low self-esteem
27. Depression	28. Panic attack	29. Avoidance
30. Strong desire to escape	31. Substance abuse	32. Headache

- All anxiety is a reaction to anticipating something stressful.
- Adrenaline (Fight or Flight)
- Focusing on the bad things that could happen-Fear of Failure
 - What if I forget everything I know?
 - What if the test is too hard?
 - Physical Reaction-Produces Stress-"What if I throw up?" or "Oh no, my hands are shaking."
 - Bad Cycle-Poorly on the test (poor test history)

What Causes Testing Anxiety?

- Lack of preparation
- High pressure (need a certain grade to pass the class)
- Perfectionism

What Causes Testing Anxiety?

Testing Anxiety Can Lead To...

Poor Morale

Decreased Comprehension

Low Confidence

Avoidance of Schoolwork



How Can you Help Your child Overcome Testing Anxiety?

- Be prepared
 - Study days before the test
 - Have a test routine
 - Make sure your child understands what he or she is reading/studying
 - If your child don't understand, set aside time for you and your child to talk to the teacher and ask how your child's study skills can be improved
- Reinforce a positive attitude-Replace negative talk with positive talk
 - I can do this!
 - I will try my best.
 - Visualize being successful instead of thinking about the worse that can happen
- Learn to relax- Find ways to help your child calm down before taking the test and after the test
 - Take deep breath, go outside for fresh air, squeeze a stress ball, practice meditation, pray, have your child to think of himself/herself being in a relaxing environment

How Can You Help Your Child Overcome Testing Anxiety?

- Take your time on the test
 - Focus on one question at a time
 - Read it carefully
 - Don't spend too much time on one question
- Again, talk to an adult
 - Parent, counselor or teacher
 - Discuss coping skills to help you become successful
- Keep realistic expectations
- Don't ignore a learning disability



- Eat well
- Stay away from junk food
- Know the study material—Study challenging elements
- Do something relaxing
- Get sleep

The Day Before the Test

- Arrive early
- Take deep breaths, sit up, relax shoulders
- Use good test-taking skills
 - Read directions carefully
 - Manage your time-work at comfortable pace
 - Answer easier questions first
 - Stay focused-focus on the present moment
 - Recheck your answers
 - Remember to breathe and think positive if anxiety begins



Test Day

Do something fun!



After the Test

Elementary (3-5) & LMS
EOG-Science (May 26)
Reading (May 31)
Math (June 1)

LSHS

June 5 - 1st Period
June 6 - 2nd Period
June 7 - 3rd Period
June 8 - 4th Period
June 9 - Make Up Day



Upcoming Testing Schedules

QUESTIONS



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