Name:

Section:

alm



Date:

Score:



Create a Plan to Manage Test Stress

Pre-test jitters are normal. It is ok to feel anxious before taking an exam. In fact, having some stress is good. However, if you don't manage your stress or keep a proper perspective about things, you can create unhealthy levels of stress and anxiety.

Your mission is to write your test fears and/or anxieties for ten minutes. Then create a game plan on how to address these fears.

Take ten minutes to write your test fears and/or anxieties below. Be honest and specific.

| Create a game plan on how to address your fears | |
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