

## Task 2

- Read this article about test anxiety, where sentences have been removed.
- Your task is to reconstruct the text by filling in the gaps (7-12) from the list (A-I) below.
- Write the letters in the white boxes next to the numbers as in the example (0).
- There are two extra letters that you do not need.



## TEST ANXIETY AND WHAT IS BEHIND IT

You've done all your homework and studied hard, you think you are well-prepared. (0) \_\_\_\_\_. Suddenly, you blank out, freeze up, zone out, or feel so nervous that you can't respond to the questions you knew the answers to just last night. If this sounds like you, you may have a case of test anxiety — that nervous feeling that people sometimes get when they're about to take a test.

It's normal to feel a little nervous and stressed before a test. (7) \_\_\_\_\_. A little nervous anticipation can even help you do better on a test. But for some people, test anxiety is more intense. (8) \_\_\_\_\_.

Test anxiety is a type of performance anxiety — a feeling someone might have in a situation where performance really counts, for example before singing a solo on stage, getting ready for a running race, or taking a final exam.

(9) \_\_\_\_\_. Some people might feel shaky or sweaty, or feel their heart beating quickly as they wait for the test to be given out. Some may even feel like they might pass out or throw up.

All types of anxiety are a reaction to something stressful that we know is coming. Like other anxiety reactions, test anxiety affects both the body and the mind. (10) \_\_\_\_\_. That's what causes the physical symptoms, such as sweating, a pounding heart, and rapid breathing.

Focusing on the bad things that could happen can also fuel test anxiety. For example, someone worrying about doing poorly might have thoughts like, "What if I forget everything I know?" or "What if the test is too hard?" (11).

People who worry a lot or who are perfectionists are more likely to have trouble with test anxiety. (12) \_\_\_\_\_. In this way, even without meaning to, they might really pressure themselves.

**0)** **C**

**A)** When you're under stress, your body releases the hormone 'adrenaline', which prepares it for danger.

**7)**

**B)** Those with such traits sometimes find it hard to accept mistakes they might make or to get anything less than a perfect score.

**8)**

**C)** *But then the day of the test comes.*

**9)**

**D)** The nervousness they feel before a test can be so strong that it interferes with their concentration or performance.

**10)**

**E)** Just about everyone does.

**11)**

**F)** People suffering from test anxiety can easily learn how to cope with this feeling.

**12)**

**G)** Like other situations in which a person might feel performance anxiety, test anxiety can cause nausea, a stomach ache, or a headache.

**H)** Too many thoughts like these leave no mental space for focusing on the test questions.

**I)** In case of severe test anxiety, it is advisable to do yoga or other forms of relaxing activities before taking the test.

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