

TEST ANXIETY

How to control yourself before, during and after a test? **Choose the verbs in the box to complete the pieces of advice in the table.**

PREPARE

PLAN

ASK

STUDY

SLEEP

HAVE

ACCUMULATE

Before the test

_____ the topics little by little. Don't let them _____ or you will feel that it's too much for you. _____ your practice and study time. _____ all the elements you need for the test in advance. _____ well the night before and always _____ a great breakfast, you will need energy for your test. _____ your teacher if you still have questions or doubts about the topics in the test.

CHECK

RETURN

TRUST

SPEND

READ

ANSWER

CONTINUE

During the test

_____ yourself. If you prepared well for the test, there is nothing to be afraid of. _____ the instructions carefully and double _____ your answers. _____ all the questions, even if you have to guess. It's better to have some extra points than nothing at all. Don't _____ too much time in a single question. If you feel blocked or lost, _____ with the rest of the test and _____ to that question later.

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REWARD

AVOID

THINK

REMAIN

After the test

_____calmed and confident. Don't
_____too much about the results.
_____yourself after the test. Do
something you love or buy something
delicious; this will reduce anxiety. _____
comparing your answers with the rest of the
people who took the test too. This will
increase anxiety feelings and make you feel
discouraged.