

# 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.