Testing: SWEET!

Defeating Test Anxiety

Test anxiety is a psychological condition in which people of any age experience extreme distress and anxiety in testing situations. Some symptoms of test anxiety include: feelings of worry, feelings of dread, self-defeating thoughts, tension, shaking, sweating, and shortness of breath.

How to Beat It…

 Think SWEET!

* S – Stay Positive
* W – Work Hard
* E – Examine Questions
* E – Eliminate Wrong Answers
* T – Take Your Time

 

Mavericks think SWEET!

Be a Maverick!

Are You Smarter Than A Bobcat? A Beaver? A Spartan????

PROVE IT!!!

Preparation for Assessments is the  to Success.

Start studying for your state assessment today. Use the tips below to assist you.

Take Notes

Make a Study Plan

Keep a Schedule

Find a Distraction Free Environment

Study Over a Period of Time – Not Just the Night Before

Take a 10 Minute Break for Every Hour of Studying

Use Flash Cards

Use the SQ3R study method

Attend Tutoring, if Necessary

Speak with Teachers about What to Study

We do not ask for a perfect score.

We ask for a perfect effort.

Mavericks are Prepared.

Be A Maverick!