

## **An Exercise to Help Staff Reduce Test Anxiety**

*Students can sense staff anxiety and that can make their anxiety worse. Below are some questions to ask staff so that a plan to lower anxiety in your school can be constructed by staff.*

1. Ask, on a scale of 1-10, with 10 the highest...

What is the current level of test anxiety of the students according to teachers? \_\_\_\_\_

What would you say contributes to the current number on the scale? List:

- 1.
- 2.
- 3.
- 4.
- 5.

2. What would students say would be helpful in lowering the number in school?

- 1.
- 2.
- 3.
- 4.
- 5.

3. Identify ways you have lowered student test anxiety in the past. What strategies were used to help the anxiety shrink?

- 1.
- 2.
- 3.
- 4.
- 5.

4. Action Plan, from answers 2 and 3, develop a plan for the first test season to lesson anxiety:

- 1.
- 2.
- 3.
- 4.
- 5.