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SAMPLE

Introduction

Testing is an inevitable part of life. From the classroom to the DMV, we all find ourselves faced with the challenge to perform and be scored against some standard of excellence. Similarly, we all have experienced the anxiety that often accompanies fear of failure on any given measure of our competence.

With growing pressure for accountability, education systems across the country find themselves spending more money, personnel and time administering standardized tests to youngsters from grades K–12. Naturally, teachers, parents and administrators feel the stress and often unintentionally pass it along to students.

Tyler Tames the Testing Tiger addresses the anxiety often felt by students at testing time. It can be used by teachers and school counselors to prepare children for standardized testing by helping students identify their own level of test anxiety and develop strategies for relaxation, positive thinking, time management, study skills, mental and physical preparation, and test taking skills. A helpful parent article is also included.

Using tips learned from his basketball coach, Tyler manages to "tame the testing tiger" by applying successful sports strategies to the testing situation. His success will encourage other students with similar struggles.

Janet M. Bender

Testing Bulletin Board



Tame the Testing Tiger

- ❖ Prepare Your Body
- ❖ Practice to Make Progress
- ❖ Relax
- ❖ Think Positively
- ❖ Don't Get Stuck

*Adapted from "Tame the Testing Tiger," *School Counselor's Scrapbook*, Youthlight, Inc. 2002.

Good Listeners...

Stop



their hands & feet are still



Look

their eyes are on the speaker

Listen

think about what they hear

Test Yourself on Test Anxiety

Do you get nervous and fearful just before a test? yes no

Which of the following are true for you? I get nervous about tests because:

- I don't know enough.
- I just panic even though I usually make good grades in school.
- I haven't studied or prepared.
- I always worry about things.
- I'm afraid of disappointing others.
- I'm afraid of embarrassing myself.

How anxious are you?

Put a number in each blank—1 for never, 2 for sometimes, or 3 for often.

- _____ Right before a test, I have sweaty palms, shaky hands, or other visible signs of nervousness.
- _____ I get butterflies in my stomach before a test.
- _____ I feel queasy or sick to my stomach before a test.
- _____ I look at the test and feel that I don't know any of the answers.
- _____ During a test, my mind goes blank and I forget things.
- _____ I have trouble sleeping well the night before a test.
- _____ I make careless mistakes like skipping questions or putting answers in the wrong places.
- _____ I have difficulty choosing answers.
- _____ I remember the answers after the test is over.
- _____ I panic at the thought of taking a test.

Add up your score. Scores will range from 10 to 30. A low score (10-15 points) means that you do not suffer from test anxiety. In fact, if your score was close to 10, a little more anxiety may be helpful to keep you focused and get your blood flowing during a test. Scores between 16 and 21 indicate a normal level of test anxiety. Scores above 22 suggest that you have a high level of test anxiety. You may need some help with test taking.

** Adapted from questionnaire by Nist and Diehl (1990), and The Center for Advancement of Learning, Muskingum College, 1998.*