Chapter 5

Activity File 5-1 Preparing to Take a Skill Test

**Directions:** Complete the following activity to learn how to overcome test-taking anxiety.

“The test will be Wednesday.” That statement from a teacher is enough to make some students sweat. Fear of tests has a name; it’s called test anxiety. Sometimes the fear itself is enough to make test results worse. Tests are a part of school life, but that’s not the end of them. When you apply for a job, tests may be part of the application process. Many employers use tests to help determine the best-qualified candidate for a job. Learning to overcome test anxiety can be useful now and in the future.

Two websites are referenced in this activity. They both have information about test anxiety. Go to the first site, using the link below, and read the article. Then answer questions 1 through 3.

http://kidshealth.org/teen/your\_mind/emotions/test\_anxiety.html

1. What is test anxiety? What does it feel like?

<<Place Answer Here>>

2. What causes test anxiety?

<<Place Answer Here>>

3. Who will likely have test anxiety?

<<Place Answer Here>>

4. Ask your instructor where to save your documents. This could be on the school’s network or a flash drive of your own. Name your Word document *FirstnameLastname*\_Activity5-1.docx (e.g., JohnSmith\_Activity5-1.docx).