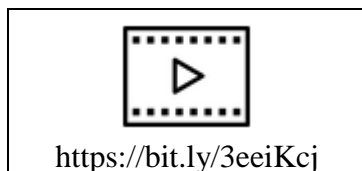


Lead-in

It's normal to feel a little nervous before a big test. But if you often feel really uncomfortable, you might have test anxiety. This can happen to anyone because your body thinks that the test is dangerous and gets ready to fight or run away. Learn some ideas that will help you cope with exam stress or test anxiety!

Watch the film and read the note below. Then do the exercise.



Strategies to cope with exam stress During the Exam

1. Learn to calm yourself down

During an exam, there are a number of things you can do to stay calm.

If you are feeling nervous, close your eyes and breathe deeply. This will physically calm you down.

Imagine yourself standing in a relaxing place.

Remember the power of positive thinking – **tell yourself:**

I can do this!

I've got this!

I don't have to be perfect! I just have to try my best.

2. Be strategic

Keep an eye on the clock and prioritise your approach:

1) maybe start with some easy questions to get warmed up

2) or perhaps start with the harder ones or questions that are worth the most marks.

If you are short on time, stick to the questions that you are confident with so you can collect safe points.

3. Stay positive

Instead of panicking because you can't answer every single question fully, **focus on using the knowledge you really have.** You might not get full marks, but you will at least get some.

You can only do your best. Don't put pressure on yourself to do more than that.

4. Annotate your question paper

If it's hard to understand a question, **make some notes. Underline key words**, write down ideas etc. This will get your thoughts flowing before you actually put pen to paper for your answer.

5. Stay focused

Don't worry about what is happening around you, what others might be doing, or any other thoughts that might creep into your mind. Stay focused on yourself and on your exam.

After the exam, don't think about it any more. Instead of worrying, try to relax and do something fun. Be glad that the exam is over.

Based on: 10 Tips to Stay Calm on Exam Day, <https://www.ool.co.uk/blog/10-tips-to-stay-calm-on-exam-day/>, (access date: 12.04.2024)

(Opcja dla uczniów w normie)

Exe: Complete the gaps

1. If you are feeling anxious during an exam, _____ your eyes and _____ deeply.
 2. Imagine yourself standing in _____.
 3. Tell yourself positive things like „I can _____”, „I’ve _____”,
or „I _____ to be perfect! I just have to _____ my _____.”
 4. Start with _____ questions. (your own strategy).
 5. Don’t panic that you don’t know everything - _____ on the things you really know.
 6. _____ pay attention to what others are doing – there’s only you and your exam paper.
 7. After the exam, _____ think about it any more. Instead of worrying, try to relax and do something fun.
Be glad that the exam is over.
-

(Opcja 1 dla słabych uczniów)

Exe: Circle the right answer to each question

1. What should you do if you feel nervous during the exam?

- A. Close your eyes and take deep breaths
- B. Imagine yourself on a rollercoaster
- C. Tell the teacher you are not ready
- D. Focus on what your classmates are doing

2. What is the best thing to do when you have limited time in the exam?

- A. Try to answer every question
- B. Start with the hardest questions first
- C. Answer the questions you feel sure about
- D. Focus on the questions worth the most points

3. What should you do if you can't fully answer every question?

- A. Worry that you won't get good marks
- B. Use the knowledge you do have
- C. Try to get full marks on every question
- D. Push yourself to do more than you can

4. What can you do if you don't understand a question?

- A. Make notes, underline key words
- B. Skip the question and move on
- C. Ask the teacher for help
- D. Think about the question for a long time

5. What is the best thing to do after the exam is over?

- A. Keep thinking about how you did
- B. Relax and do something fun
- C. Discuss the exam with your friends all day long
- D. Figure out what you could have done better

Correct answers: 1. a 2. c 3. b 4. a 5. b

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(Opcja 2 dla słabych uczniów)

Exe: Match these halves! Write the correct letter a-h in the space.

Left:

- ___ 1. If you are short on time,
- ___ 2. Maybe start with some
- ___ 3. Don't panic if you can't answer every single question fully but try to
- ___ 4. Concentrate on
- ___ 5. If you are feeling nervous,
- ___ 6. Imagine yourself standing in
- ___ 7. Remember the power of positive thinking - tell yourself:
- ___ 8. After the exam,

Right:

- a. don't think about it any more.
- b. use the knowledge that you really have.
- c. I can do this!
- d. close your eyes and breathe deeply.
- e. easy questions to get warmed up.
- f. yourself and on your exam.
- g. a relaxing place.
- h. answer the questions that you know. This is a good way to get some points.

Correct answers:

1. h 2. e 3. b 4. f 5. d 6. g 7. c 8. a

(Opcja dla uczniów zdolnych)

(to samo ćwiczenie z lukami co dla uczniów w normie + open questions)

- 1. What can you do to calm yourself down during the exam?
- 2. What is positive self-talk?

Correct answers:

- 1. You can close your eyes, breathe deeply, and imagine standing in a relaxing place.
- 2. It's saying or thinking things to yourself to improve your mood, such as "You can do it" or "I don't have to be perfect, I just have to try my best".

Post-listening/reading:

- 1. Ask your students to close their eyes and take a few deep breaths. Then, instruct them to imagine themselves in a calming and relaxing place. After a minute ask them to share with a partner what they imagined and how it made them feel.
- 2. Play the film to your students: <https://biteable.com/watch/2979443/d07dba9fa31e3b53042903468f7cbe0d>