

Preparing for ABA Test

Test anxiety is a psychological condition that involves severe _____, before during and/or after an exam. According to the American Test Anxieties Association, 16- _____% of students report high test anxiety and another 18% are _____ by moderately high test anxiety.

Common sense strategies for success are to exercise for at least _____ minutes a day, everyday. Drink plenty of _____ and avoid _____. Eat a healthy meal prior to the test and get _____ hours of sleep the night before. Arrive to the testing facility _____ and use the PIRATES strategy. Take a few deep breaths if you get stuck. Roll your neck and relax your _____ when sitting in front of the computer.

PIRATES is a test taking strategy. Students are encouraged to _____ like a pirate. Prepare to _____, inspect the _____, read, remember, and _____, answer or abandon, turn back, estimate, and _____.

Acceptance based behavior therapy works to increase _____, acceptance, and focus on living a _____ life. There is acceptance and commitment therapy, mindfulness based _____ therapy, integrative behavioral _____ therapy, and dialectical _____ therapy.

Try and take a 2 week course in _____. Take a nature hike. Tell yourself that your anxiety can actually _____ your test performance if it is reappraised as excitement. Know that everyone struggles during times of _____ and that change is a part of life. Map a constellation of who you are. Write down your most important _____. 10 minutes before the test write about your anxiety and how you are feeling.