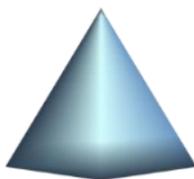

EXAMINATION- AND TEST ANXIETY PROGRAMME

BASICS FIRST

BUILD ON A HEALTHY FOUNDATION



www.basicsfirst.co.za

Does my child have test anxiety?

If he/she experiences one or more of the following, test anxiety may well be the cause:

- Marks have worsened, compare to a prior period
 - Performs worse in maths, science or accounting than in other subjects
 - Understands most work, but cannot remember it during tests/exams
 - Experiences physical symptoms like rapid breathing/racing heart, perspiring, cold or clammy hands, trembling hands during test/exams
-

Test anxiety prevents learners from performing according to their potential, often in spite of extra classes and/or good preparation.

Test anxiety can be addressed! Contact us for an appointment in Centurion.

Contact Jan: 071 671 9363
enquiries@basicsfirst.co.za
www.basicsfirst.co.za

What is test anxiety?

It is a physical, intellectual and emotional anxiety reaction when a learner experiences pressure, which paralyses the learner and reduces their performance.

Irrespective of whether the anxiety is warranted according to an objective observer, it still has the effect of paralysing the learner physically, intellectually and emotionally when under pressure, suppressing their ability to perform.

Pressure could arise from among others:

- Their fear of performing badly again
 - Negative associations with the subject (e.g. previous bad results, unpleasant memories such as conflict with family, teachers of other learners, or even associations with seemingly unrelated events)
 - Bad expectations (for whatever reasons, and it could be based on reality or on subjective and negative perceptions)
 - Real external pressure or personally created pressure
 - Emotional reaction to their associations with the subject, such as the importance of good results for future studies
-

What does the *Basics First* test anxiety programme entail?

- Identifies the triggers that "switch on" the learner's anxiety response
- Teaches the learner techniques to recognise the triggers, handle them and thus prevent the anxiety response
- Teaches the learner techniques to recover from a freeze or "blank" during a test/exam and proceed – free of anxiety
- Teaches the learner how to deal with tests/exam papers and collect those marks that are within their reach
- Reviews study methods for the subject, enabling the learner to prepare with confidence

This programme works with learners as individuals, and typically completes in six to seven sessions.

After a successful programme, the learner is more confident, more relaxed, more motivated and equipped to recognise their anxiety triggers and deal with them before they derail the test, and also to recover from the proverbial blank during a test/exam.
