



## **You, Me, and LD**

Volume 1, Issue 3 March 3<sup>rd</sup>, 2009

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*Last week I spoke with Judith Fournier with Project LIFT of Hillsboro County regarding test taking anxiety and test taking skills and strategies. This got me thinking about this particular problem and how far reaching it can be, ranging from students trying to pass a diploma class, the GED, or the TOEFFL. Test taking anxiety has far reaching implications in daily life as well, such as trying to pass a licensing exam, and for some of our students, the Citizenship test.*

*I did some research on the web, and here are articles and ideas that I found that might help with this problem.*

*I copied an article on reducing test taking anxiety directly into this newsletter, and I also posted web addresses on defining test taking anxiety.*

*I hope that the next time a testing situation arises, these ideas come to your mind to help the students that you teach and maybe even*

## Reducing Test Taking Anxiety

Test anxiety is when a student excessively worries about doing well on a test. This can become a major hindrance on test performance and cause extreme nervousness and memory lapses among other symptoms. The following are tips on reducing test taking anxiety.

- ✓ Being well prepared for the test is the best way to reduce test taking anxiety.
- ✓ Space out your studying over a few days or weeks, and continually review class material, don't wait until the night before and try to learn everything the night before.
- ✓ Try to maintain a positive attitude while preparing for the test and during the test.
- ✓ Exercising for a few days before the test will help reduce stress.
- ✓ Get a good night's sleep before the test.
- ✓ Show up to class early so you won't have to worry about being late.
- ✓ Stay relaxed, if you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.
- ✓ Read the directions slowly and carefully.
- ✓ If you don't understand the directions on the test, ask the teacher to explain it to you.
- ✓ Skim through the test so that you have a good idea how to pace yourself.
- ✓ Write down important formulas, facts, definitions and/or keywords in the margin first so you won't worry about forgetting them.
- ✓ Do the simple questions first to help build up your confidence for the harder questions.
- ✓ Don't worry about how fast other people finish their test; just concentrate on your own test.
- ✓ If you don't know a question skip it for the time being (come back to it later if you have time), and remember that you don't have to always get every question right to do well on the test.
- ✓ Focus on the question at hand; don't let your mind wander on other things.
- ✓ If you're still experiencing extreme test anxiety after following these tips, seek help from your school counselor.

<http://www.testtakingtips.com/anxiety/index.htm>

From the same website as listed above:

## **Test Taking Tips will help improve your test taking skills & study skills.**

Whether you're a high school or college student, tests are unavoidable. If you take a multiple-choice exam your strategy will be different than if you were to take an essay test. Learning proper note taking, studying and test taking strategies are a vital part of improving your grade and academic success.

### [Test Taking Tips](#)

Learn the most effective test taking strategies.

### [Study Skills & Tips](#)

Learn the most effective studying techniques.

### [Note Taking](#)

Find out the best and most efficient way to take class notes.

### [Cramming Techniques](#)

Learn what to do when you have a very limited time before your test.

### [Reducing Test Anxiety](#)

Learn strategies on how to reduce test taking anxiety.

### [Test Taking Tips for Parents](#)

Tips for parents to help their kids improve their test taking skills.



Excellent websites on test taking anxiety

[http://www.ulc.psu.edu/studyskills/test\\_taking.html](http://www.ulc.psu.edu/studyskills/test_taking.html)

[http://kidshealth.org/teen/school\\_jobs/school/test\\_anxiety.html](http://kidshealth.org/teen/school_jobs/school/test_anxiety.html)

<http://www.wright.edu/cps/studentssuccess/testanxiety.htm>

<http://www.studygs.net/tstprp8.htm>



Success is the sum of small efforts, repeated day in and day out.

~**Robert Collier**

**If you have not done so already, would you please fill out these response boxes. I would appreciate the feedback to help create a newsletter that will be most beneficial to you. Please fill in the information directly into the box.**



What do you teach?

What center do you teach out of?

How many years have you been teaching?



Do you have any specific interests in regards to lesson plan ideas, teaching strategies, types of disabilities?



Was there a specific reason you signed up for the newsletter?

Do you have any burning questions to ask?



Please let anyone you work with know that they can be added to the list at any time. This is going to be an ongoing work in progress.

Also, you can be removed from the list at any time.

Just contact [robroy94@myfairpoint.net](mailto:robroy94@myfairpoint.net)



If you would please give me an address or phone number that I may contact you if for some reason I cannot contact you by email, I would appreciate that.

My address is 6 Rita Avenue, Pelham, NH 03076

My phone number is 603-635-3379

Thanks.