

Test-Taking Skills & Test Anxiety Discussion Cards



**What worries
you most
about the big
test?**

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**How can
you grow
and
improve
as a test
taker?**



**What are
your
strengths
as a test
taker?**

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**How can you
feel more
confident
about the
test?**



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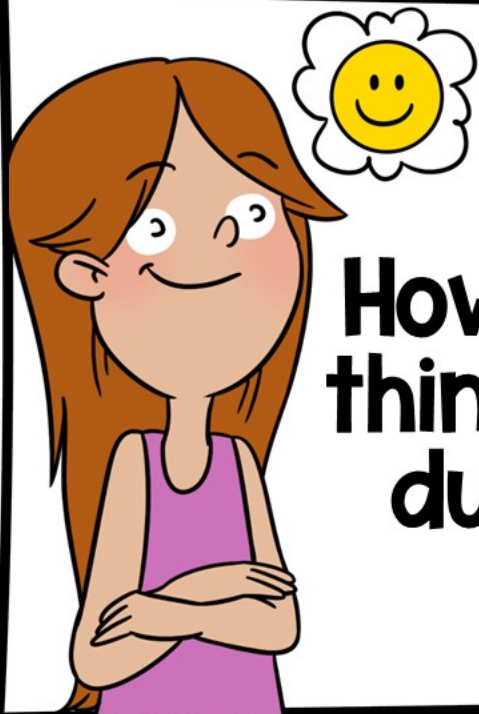
**What will the night
before test day
look like for you?**



**What will the
morning of test day
look like for you?**



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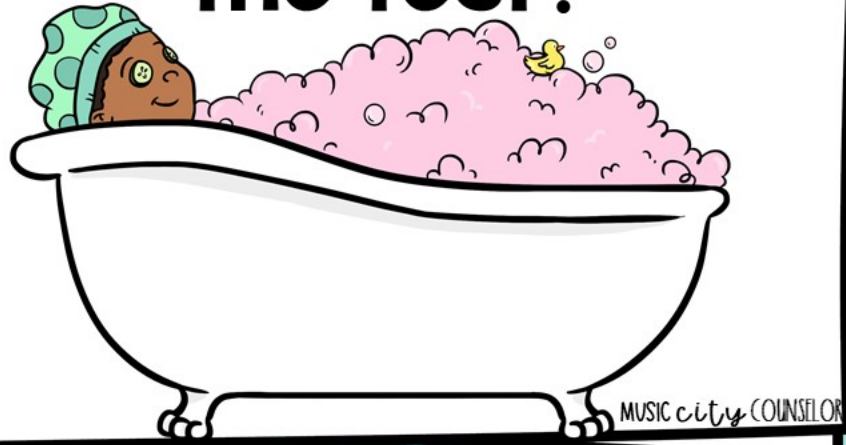
**How can you
think positive
during the
test?**

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**Which test-
taking tips
are most
helpful to
you?**



**How can you calm
your nerves before
the test?**



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**How do you
feel now
about the
test?**

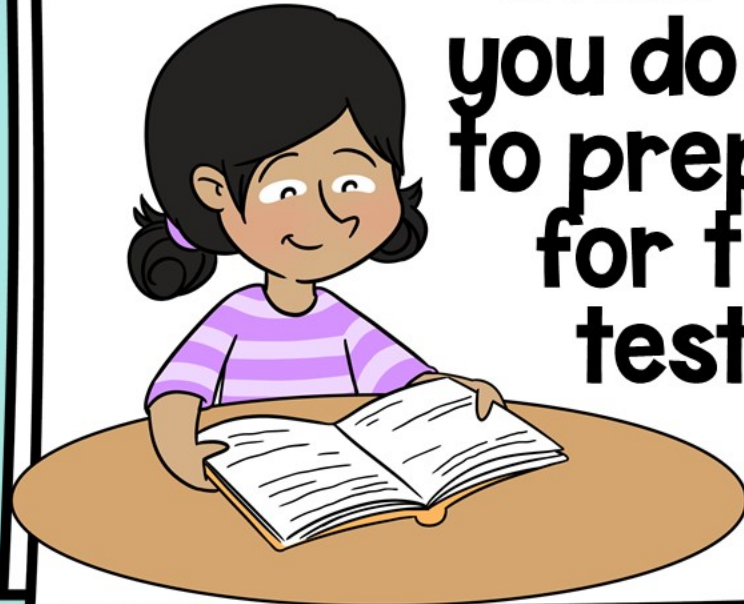


**How do you hope to
feel the morning of
the test?**



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**What can
you do now
to prepare
for the
test?**



**What is
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biggest
fear
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**Which
coping skills
are the most
helpful to
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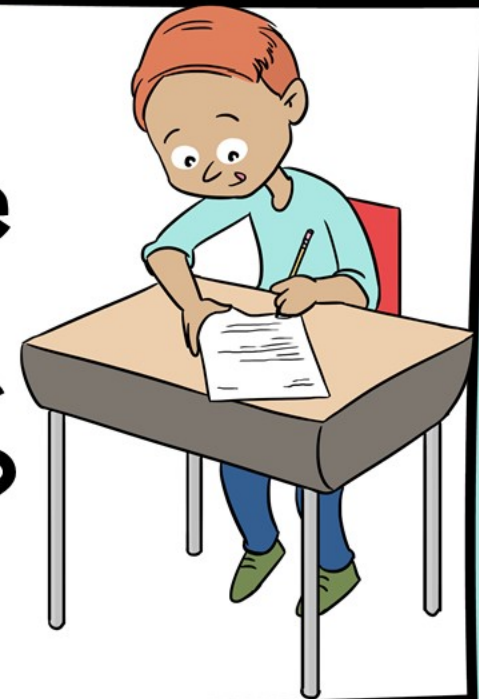
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**How will you
feel once
the test is
over?**



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**What are
your
goals for
this test?**



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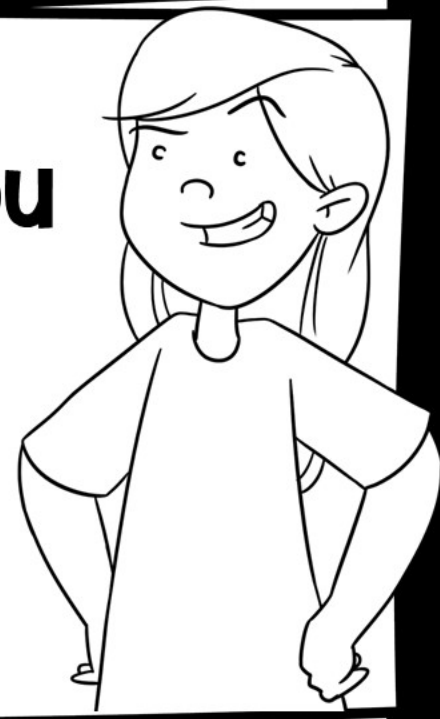
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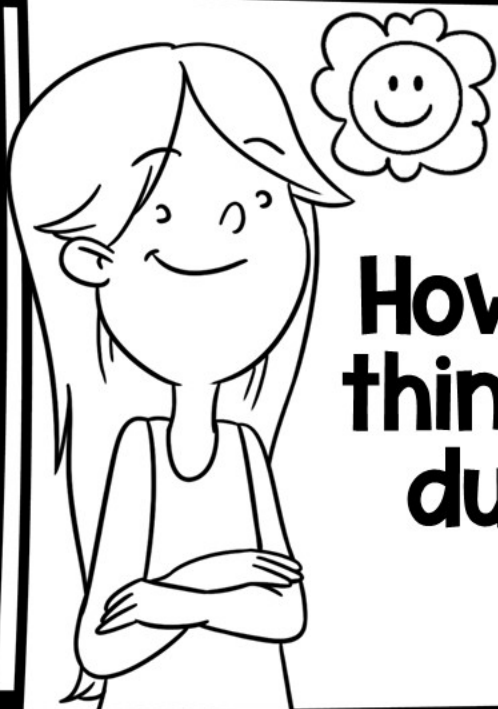
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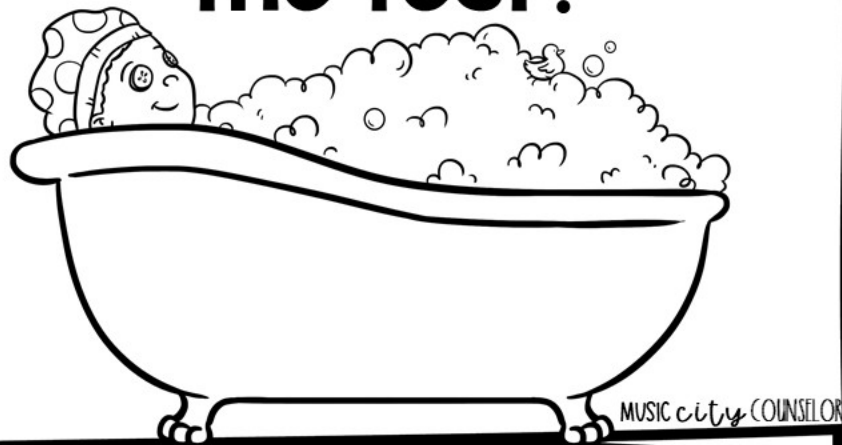
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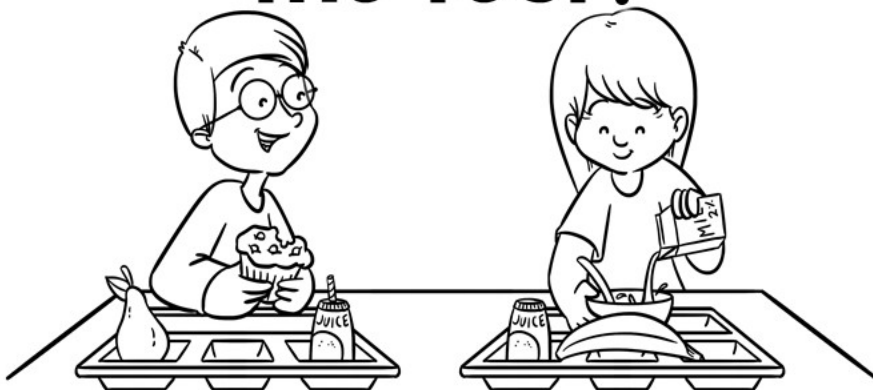


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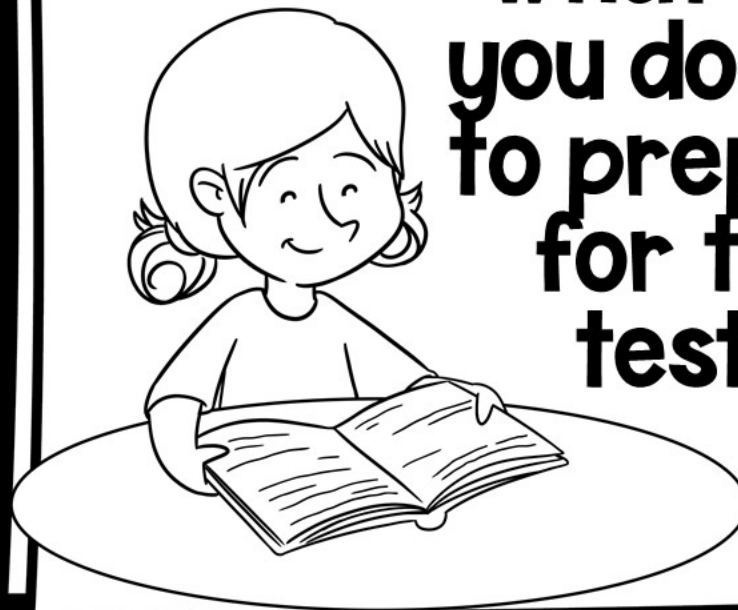


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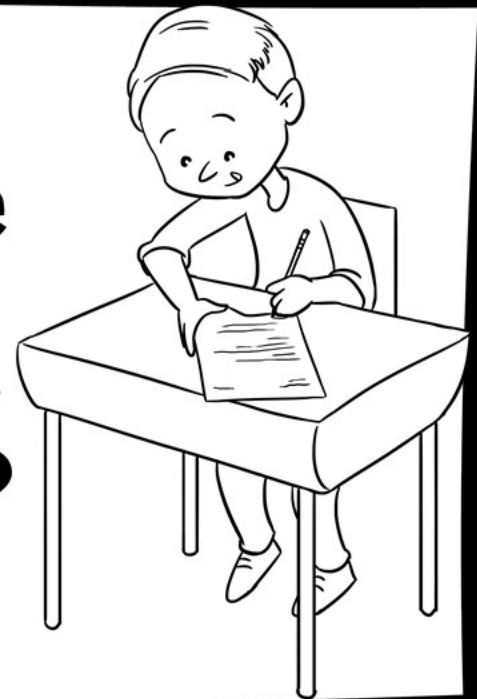
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