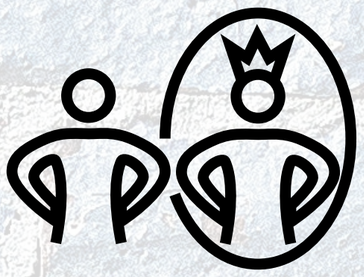
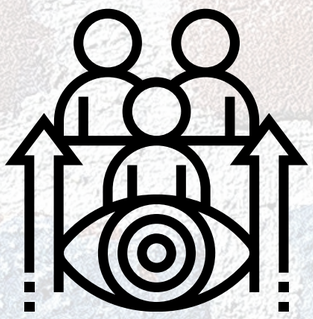
Reduce Test Anxiety
SUCCESS STRATEGIES



BREATHE AND BE KIND TO YOURSELF.

Avoid holding your breath and using discouraging language before you even begin.

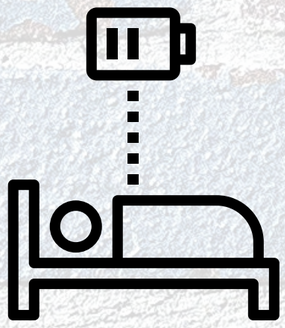


PUT THINGS IN PERSPECTIVE.

The test is important but you are more than a score. One test or grade does not define you.

EXPECT AND ACCEPT CURVE BALLS.

Don't lose focus. Guess and move on or return to the question later.



BRING YOUR BEST SELF.

Get a good night's rest and make smart choices about what you eat and drink.

BE PREPARED.

Study and use class time wisely! Ask a friend to study with you and make sure you are not missing anything.

eduKateTX

BUILD SOCIAL STUDIES SKILLS

Think Like a Historian

Build critical thinking skills by teaching students how to analyze primary and secondary sources, evaluate different points of view, and so much more.

Think Like a Geographer

Introduce students to the five themes of geography and then dive deeper into topics such as culture and human-environment interaction. Learn more.

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Test Success Strategies

Get everything you need to help students mentally and emotionally prepare for upcoming assessments and major deadlines right here.

21st Century Skills

Prepare 21st century learners to use 21st century technology like Google Calendar for time management and the proper way to compose an email. Click here.

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