



Test Anxiety Group



We propose a Test Anxiety Group that consists of students who have expressed anxiety during tests, test-avoidance, or even students whose test scores have been consistently low.

INTRODUCTION

This poster will include a proposed research study evaluating the effects a test anxiety group has on students well-being and their education.

ABSTRACT

Test anxiety is a common occurrence in classrooms, affecting the performance of students from kindergarten through college

BACKGROUND

Test anxiety usually begins to appear in the elementary grades, it continues to increase with age, and appears to peak during the college years.

Components

- Cognitive
- Affective
- Behavioral

Be More

Don't let your test anxiety dominate your life



ANALYSIS

Between 40 and 60% of students have significant test anxiety that interferes with their performing up to their capability.

According to the American Test Anxieties Association, "schoolwork" and "exams" are reported by students as the most stressful thing in their lives.

students who struggle with test anxiety typically fall a half a letter grade below their peers. In addition to academic impacts, test anxiety can affect a student's mental health, including lowered self-esteem, confidence, and motivation.



Meetings

Weekly group meetings all grades welcome!



Feel free to reach out and learn more!

Incorporating skills to build self-esteem and self-confidence, grounding and calming skills, as well as test taking and study tips.

