

Unit twelve: Exam Anxiety

Lesson Plan

Objectives:
(SMART)

- ☞ Discuss exam stress and stress management
- ☞ Explore strategies for identifying and easing exam stress

Learning outcomes:

Based on this lesson the participants will acquire:

Knowledge:

- ☞ list the main causes about exam anxiety
- ☞ Identify basic words that describe the exam anxiety
- ☞ Discover language to be used in describing on the exam fears and worries

Skills:

- ☞ describe and identify test anxiety in themselves and others
- ☞ summarize the exam worries in one word
- ☞ communicate with others
- ☞ support work in groups

Attitudes:

- select actions that may overcome future test anxiety

Target group

Secondary School Teachers
School students 16+

Activity Title & number	Short description of activity	Resources needed	Time 3 hs in total
<p>1. Introduction</p>	<p>You can introduce the topic by activating the connection of new knowledge with what is already known. For example you can prepare a large sheet of paper with three columns: a KWL chart. Each of the columns has one heading:</p> <p>a) What do we already KNOW about 'exam worries'?</p> <p>b) What do we WONDER about this topic? What questions do we have?</p> <p>c) What have we LEARNED about this topic?</p> <p>Then ask learners to share their ideas with a partner sitting next to them. After a few minutes, ask some learners to share their thoughts with the entire class. Write down these suggestions on the large sheet of paper. Having compiled a list of things that learners already know about "exam worries", you may also ask what questions they have: <i>What do we WONDER about this topic?</i> Write down their ideas on the large sheet of paper.</p> <p>In the next lessons, come back to review the KWL chart regularly and add new ideas to the second (WONDER) and third (LEARNED) columns.</p>	<p>12.1 Worksheet (*see Workbook)</p>	<p>20'</p>

<p>2. exam worries and exam fear</p>	<p>Watching a video and reflection about exam fear its effect on wellbeing.</p> <p>Before showing the video you give the students a papersheet with questions relating to video itself (worksheet 12.2)</p> <p>Interactive activity could be organized by watching video and reflecting on it:</p> <ul style="list-style-type: none"> • What did you know about positive and negative exam fear's effect on young people's wellbeing? • How could you realize positive effect? • How could you cope with negative its effect? <p>After watching the video, you can propose a group work exercise to analyze the behaviors and reactions of the characters in the film. To facilitate this analysis, you will give them some questions to focus their attention to the most emotionally charged aspects of the video. (<i>Worksheet 12.3</i>)</p>	<p>Video projector Laptop,Internet connection Flipchar paper Pens, markers</p> <p>12.2 Worksheet (*see workbook)</p> <p>https://www.youtube.com/watch?v=7E-OIFJMibY</p> <p>12.3 Worksheet (*see Workbook)</p>	<p>40'</p>
<p>3. Make a plan.... What to do</p>	<p>You can propose to the students:</p> <ul style="list-style-type: none"> • a research work on the internet to get information on the best strategies to deal with the worry and stress of the exam • a selection of the results found <p>Now you can ask students to describe the strategies they use in exam preparation. Invite students to share their experiences and then to experiment with new strategies to address the exam worries.</p>	<p>https://www.icu.edu.au/_data/assets/pdf_file/0015/202713/four-weeks-before-exam-period.pdf</p> <p>https://www.ndtv.com/video/news/news/in-new-book-pm-modi-tells-students-why-they-should-not-fear-exams-478089</p>	<p>45'</p>
<p>4. About worries exam</p>	<p>Before a class activity we recommend to give students a task for homework – 12.4 Worksheet “ Individual Homework: Diary ” and 12.5 Worksheet : “Individual homework “Reflecting about the topic” (*check Workbook)</p> <p>You can start a class discussion. Ask students if they have experienced or experienced unpleasant situations that can cause worries exam. Furthermore, you can control what they learned individually from the activity.</p> <p>And after completing the activity (worksheet 12.4 and 12.5) individually we recommend discussing it:</p> <ul style="list-style-type: none"> • What strategies to have deal with stress and exam worries • How did you or your colleagues respond? • What are the best solutions in these situations? <p>Then you can shortly summarize what is the exam worries and fear and what forms of exam worries exist.</p>	<p>12.4 Worksheet 12.5 Worksheet</p> <p>https://www.icu.edu.au/_data/assets/pdf_file/0018/202725/Practical-exams.pdf</p> <p>https://www.bcu.ac.uk/exams-and-revision/worried-about-results/ten-stages-of-revision-and-exams-as-told-by-emojis</p>	<p>45'</p>

	<p>You can tell students they will discuss a number of examples related to this during next activities and you can suggest a fun reading on the topic on the website indicated. (title: 12 stages of revision and exams as told by emojis)</p>		
5. discussion and summary	<p>looking at cognitive behavioural model of exam anxiety (PDF presentation) HMWS EXAM WORRIES PPT.pdf and final group discussion. Activity -Filling in the KWL Chart (What we learned?) – the next lesson</p>	https://riseabove.org.uk/article/exam-stress/	20'
6. Draw Conclusions	<p>Explain that now it is time to reflect. Ask SS to answer the following questions:</p> <ul style="list-style-type: none"> ➤ How has this lesson changed your understanding of exam worries? ➤ If you thought a friend might be exam worries, would you feel more confident to talk to him/her now? <p>Would you know where to go for support?</p>		10'
7. Assessment/ Evaluation:	<p>Ask SS to complete the Evaluation Sheet in order to get feedback for both Teacher and SS. Photocopies of Evaluation Sheet (enough for each student)</p>	12.6 Worksheet	10'

See Workbook for feeling in the worksheets 12.1, 12.2, 12.3, 12.4,12.5, 12.6

12.1 worksheet	KWL Chart
12.2 worksheet	Preliminary question list
12.3 worksheet	Write the answers at the following questions
12.4 worksheet	Diary (Homework)
12.5 worksheet	Individual homework "Reflecting about the topic"
12.6 worksheet	Evaluation Sheet

N.B. All information used in this lesson plan is original and taken from authorized sources.

KWL Chart

What do we already know about exam worries?	What do we wonder about this topic? What questions do we have?	What have we learned about this topic?

Worksheet 12.2

Preliminary question list

**Write the answers at
the following
questions:**

- What do you think you'll learn from the video you'll see?

- Do you think that this video propose exam worries example?

- Do you think this video can help you to recognize main exam anxiety causes?

Worksheet 12.3

Questions on the film you have just seen

1. Examine the behavior of the student and identify the main causes of the same

2. How do you evaluate the student's request regarding the transfer of the exam to another date?

3. analyze the classroom climate and how much it influenced the tension and anxiety of the girl student.

4. Can the use of the telephone by the girl student be considered a symptom of low self-esteem and the answer to exam fears?

Worksheet 12.4

DIARY (Individual Homework)

DIARY

TIME POINT	THOUGHTS	EMOTIONS/PHYSICAL SYMPTOMS	BEHAVIOUR
BEFORE THE EXAM			
DURING THE EXAM			
AFTER THE EXAM			

Reflecting about the topic and answering the following questionnaire:

During exams, do you...

• suddenly "know" the answers after turning in the test?	Yes	NO
• feel like you "go blank"?	Yes	NO
• become frustrated?	Yes	NO
• find yourself thinking "I can't do this" or "I'm stupid"?	Yes	NO
• feel like the room is closing in on you?	Yes	NO
• feel your heart racing or find it difficult to breathe?	Yes	NO
• score much lower than on homework or papers?	Yes	NO

When performing, do you...

• become distracted?	Yes	NO
• feel overwhelmed?	Yes	NO
• miss important cues from your surroundings?	Yes	NO
• "go blank" and forget what you are supposed to do?	Yes	NO
• have distracting thoughts of failure or of poor performance	Yes	NO
• perform more poorly than in practice?	Yes	NO

Note: This is a confidential document only to be viewed by your teacher/counselor. Be completely honest when answering these questions.

Worksheet 12.6

Evaluation sheet

1) How interesting was to complete the following:

(please rate 0-10 where 0 is not interesting at all and 10 is extremely interesting)

Activity	Rating
Activity 1	
Activity 2	
Activity 3	
Final Activity	

2) How useful was to complete the following:

(please rate 0-10 where 0 is not useful at all and 10 is extremely useful)

Activity	Rating
Activity 1	
Activity 2	
Activity 3	
Final Activity	

3) How much/what you've learned today will you use in an exam situation?

4) How much has the lesson achieved the learning outcomes set at the beginning?

(please rate 0-10 where 0 is not achieved at all and 10 is completely achieved)
