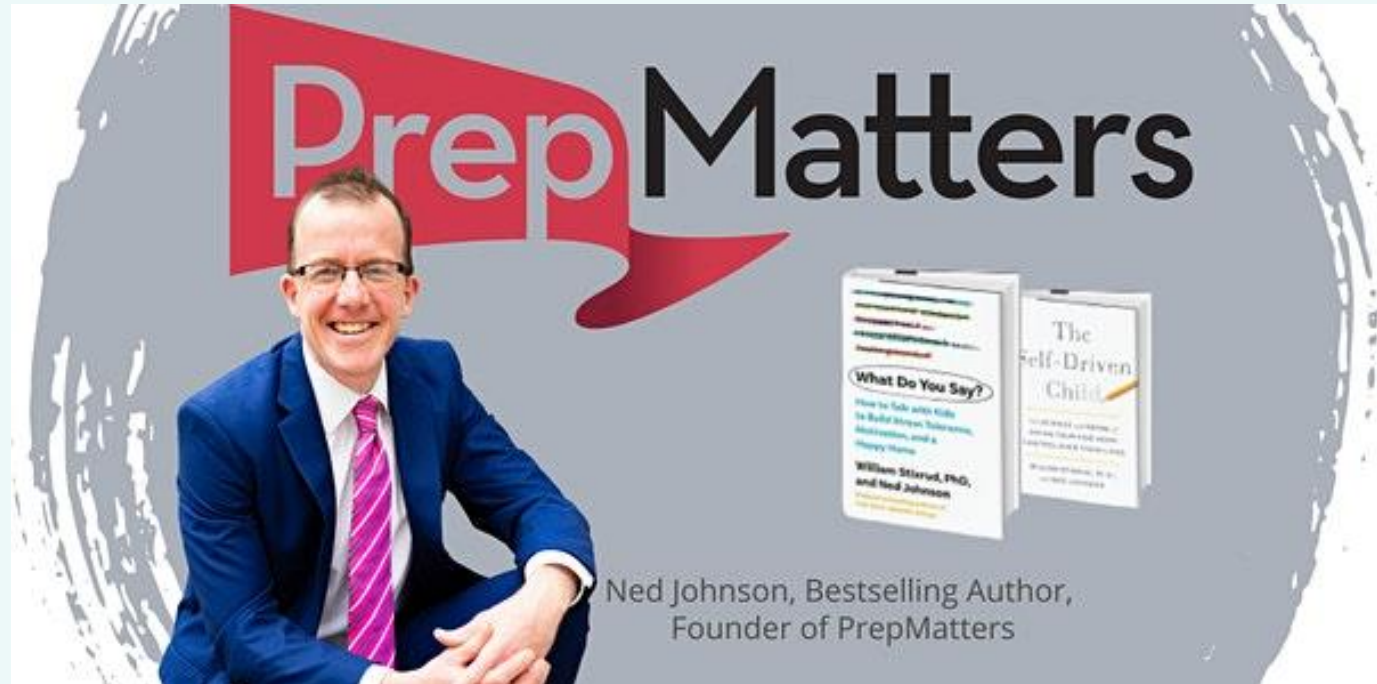


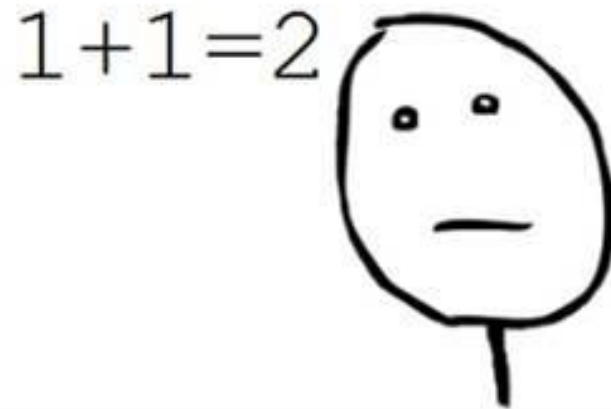
Reducing Anxiety Around Test Taking: McLean High School



How I see a
test while
taking it:



How I see a
test after
I get it back:





Caption

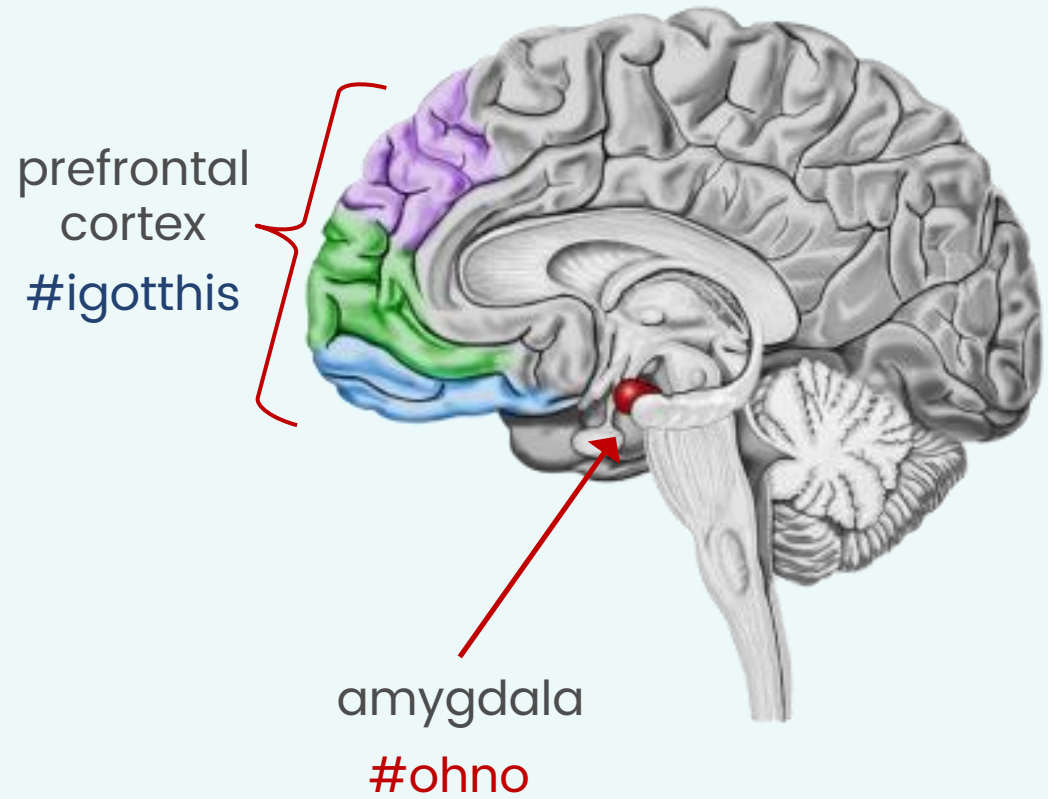
Core executive functions:

- Working memory
- Inhibition
- Cognitive/emotional flexibility

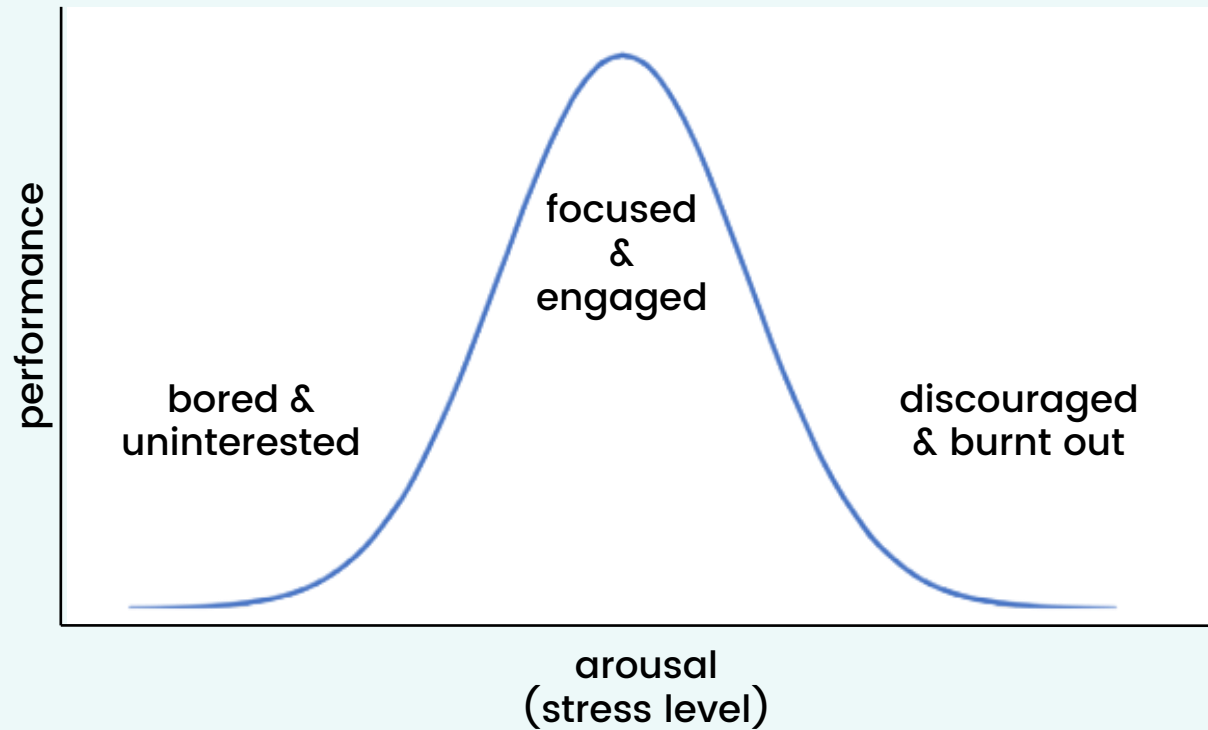
Higher level executive functions:

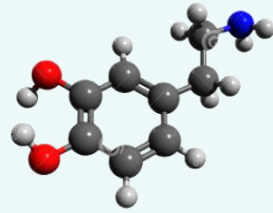
- Planning
- Problem solving
- Decision making
- Self monitoring



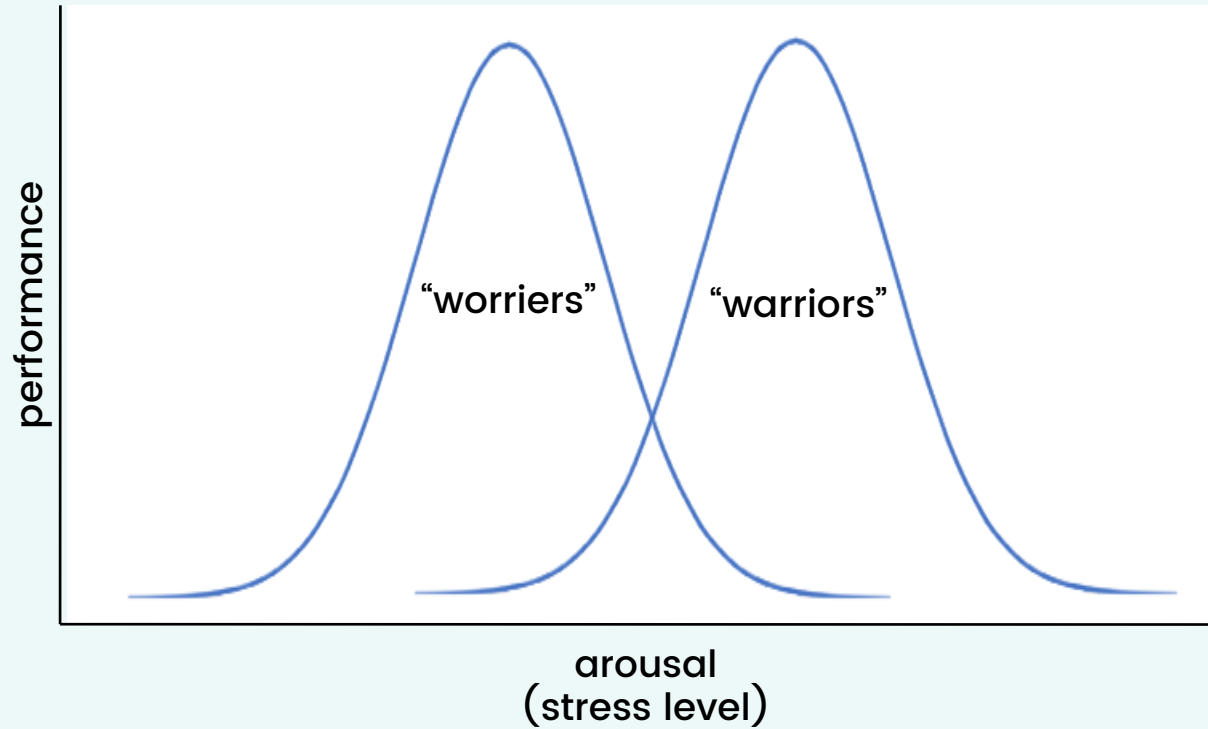


Yerkes-Dodson Law



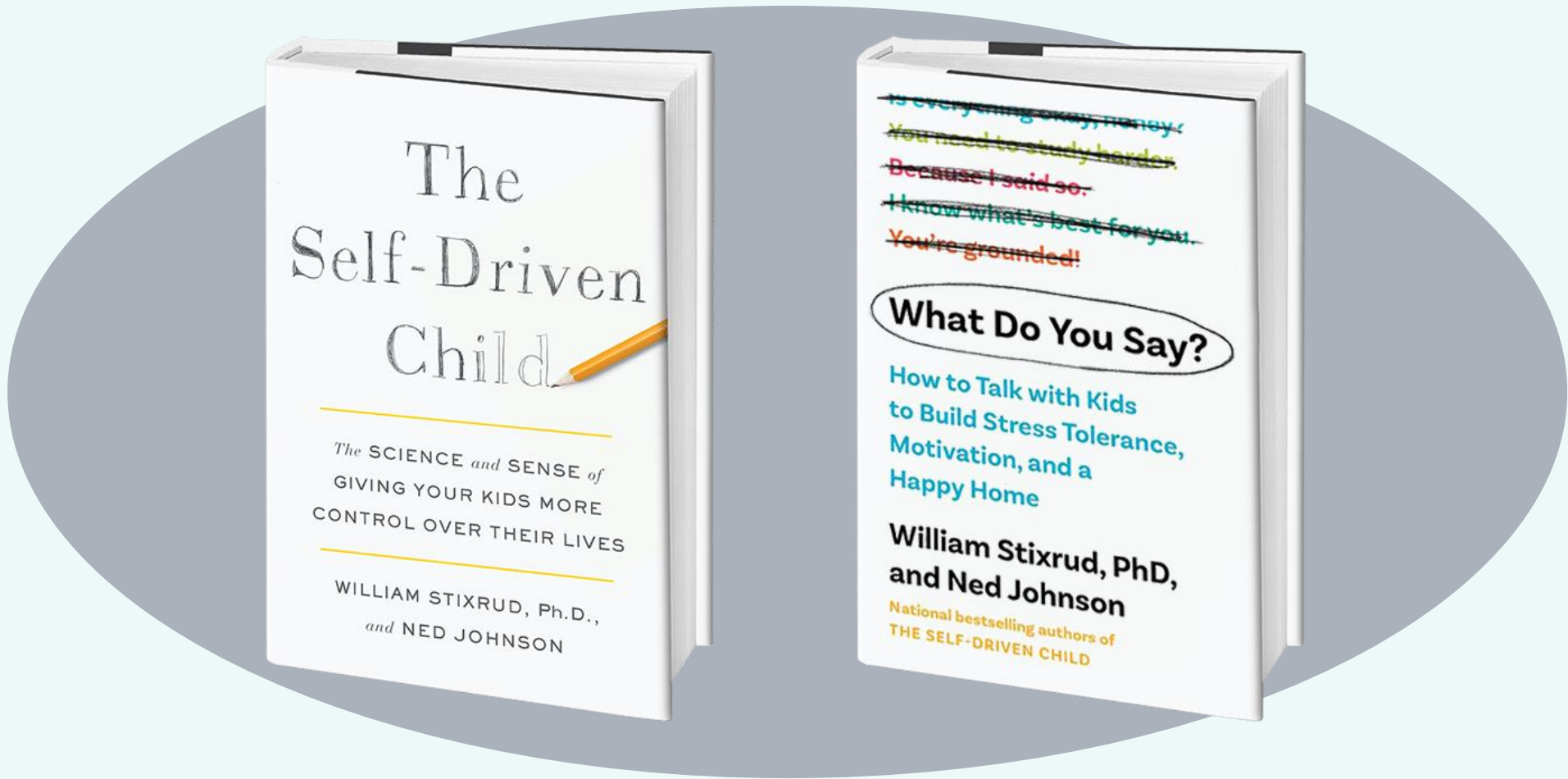


Yerkes-Dodson Revisited



Novelty
Unpredictability
Threat to Ego
Sense of Control

-Dr. Sonia Lupien
Centre for Studies of Human Stress



Caption



What can we do to help?

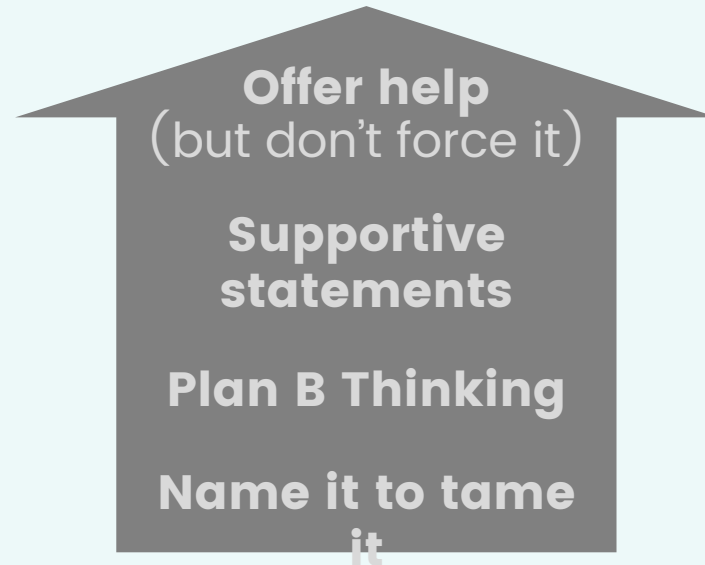
1

Lower baseline stress level



2

Increased support system



What kids can do to help.

Tools for learning	Tools for performance:
Opt for practice over review: test yourself	Emergency Stress Relief (laughing, singing, deep Breathing, exercise)
Space your practice	Box breathing
Get plenty of sleep	Hulk Smash!
Take notes by hand	Get your swagger on! Shinrin-yoku



Carl E. Heilman II

Some Things Parents Can Do:

- Empathy and validation calms hard emotions
- Consult, don't manage
- Be a non-anxious presence
- Model Plan B thinking
- Love your kid, unconditionally

Questions?



@nedjohnson | @prepmat



@theothernedjohnson



Caption