

**5<sup>th</sup> period**

# Take notes

How do we do it?



**5<sup>th</sup> Period intention**

Writing good and bad examples of taking notes!



# PEER PRESSURE



**Teen peer pressure** is the influence a teen's social group has on him or her. Peer pressure is a part of life for everyone, but it can be an especially strong influence during the teen years when peers are very important to a teen's identity. This means that teens need to learn to handle peer pressure, and to recognize when it is positive and when it is negative.

**As adolescents** enter the teen years, they usually begin to focus more on their peers or friends. The desire to fit in with peers can be a very strong influence on teens. Peers influence most aspects of a teen's life, including how teens dress, what music they listen to, and what kind of activities they are involved in. Peer pressure can be direct or indirect, but it is almost always present. Learning to handle peer pressure helps a teen mature and learn positive ways to get along with others.

**Peer pressure** is not always bad. Good friends can encourage teens to do well in school, get involved in positive activities, volunteer, eat healthy foods, and avoid drugs, alcohol, and other risky activities. Friends also help teens learn good social skills and better ways to communicate and work out problems, and give teens good advice.

**Negative peer pressure** is when teens feel pressured to do something they know is wrong, such as smoking, drinking, doing drugs, or stealing, or something they don't want to do such as cutting class or having sex. Teens may be tempted to give in to negative peer pressure because they want to be liked or fit in, they are afraid of being made fun of, or they want to try something other teens are doing. Negative peer pressure will remain a part of a teen's life into adulthood, which is why it is important for teens to learn how to deal with it.

**There are** many ways teens can deal with peer pressure. Teens need to decide before they get into situation what their values and standards are. Teens should choose good friends who share the same values. Good friends use positive peer pressure. Teens can avoid situations where people are doing things they don't want to do. Many teens practice ways to say "No" and come up with excuses to use when they don't want to do something. Teens should always think about their reasons for doing things: Are they good reasons? Are you being true to yourself and your values? Think about what the consequences will be of your decisions and actions, such as if an activity might harm your health or get you into trouble.

**Remember** that if just one teen stands up against peer pressure, usually others will join him or her, and learning to handle peer pressure gives teens more confidence and maturity.

# Peer Pressure

Reading Intention: Prepare a play that shows an example of good and bad peer pressure.

<b>What aspect of life does peer pressure influence?</b>	<b>Consequences of positive peer pressure</b>
<b>Consequences of negative peer pressure</b>	<b>Ways to deal with peer pressure</b>

Reasons for my choice

good example

bad example

---

---

---

---

# Peer Pressure

Reading Intention: Prepare a play that shows an example of good and bad peer pressure.

What aspect of life does peer pressure influence?	Consequences of positive peer pressure
Consequences of negative peer pressure	Ways to deal with peer pressure

Reasons for my choice

good example

bad example

---

---

---

---

# Test anxiety

**You've participated in class**, done all of your homework, studied hard, and you think you have a grip on the material. But then the day of the test comes. Suddenly, you blank out, freeze up, zone out, or feel so nervous that you can't get it together to respond to those questions you knew the answers to just last night.

**If this sounds like you**, you may have a case of test anxiety — that nervous feeling that people sometimes get when they're about to take a test. It's pretty normal to feel a little nervous and stressed before a test. Just about everyone does. And a touch of nervous anticipation can actually help you get revved up and keep you at peak performance while you're taking the test. But for some people, this normal anxiety is more intense. The nervousness they feel before a test can be so strong that it interferes with their concentration or performance.

**Test anxiety** is actually a type of **performance anxiety** — a feeling someone might have in a situation where performance really counts or when the pressure's on to do well. For example, a person might experience performance anxiety when he or she is about to try out for the school play, sing a solo on stage, get into position at the pitcher's mound, step onto the platform in a diving meet, or go into an important interview.

**Like other situations** in which a person might feel performance anxiety, test anxiety can bring on "butterflies," a stomach or a tension headache. Some people might feel shaky, sweaty, or feel their heart beating quickly as they wait for the test to be given out. A student with really strong test anxiety may even feel like he or she might pass out or throw up.

**Test anxiety** is not the same as doing poorly on a certain test because your mind is on something else. Most people know that having other things on their minds — such as a breakup or the death of someone close — can also interfere with their concentration and prevent them from doing their best on a test.

**All anxiety** is a reaction to anticipating something stressful. Like other anxiety reactions, test anxiety affects the body and the mind. When you're under stress, your body releases the hormone **adrenaline**, which prepares it for danger (you may hear this referred to as the "fight or flight" reaction). That's what causes the physical symptoms, such as sweating, a pounding heart, and rapid breathing. These sensations might be mild or intense.

**Focusing** on the bad things that could happen also fuels test anxiety. For example, someone worrying about doing poorly might think thoughts like, "What if I forget everything I know?" or "What if the test is too hard?" Too many thoughts like these leave no mental space for thinking about the test questions. People with test anxiety can also feel stressed out by their physical reaction and think things like "What if I throw up?" or "Oh no, my hands are shaking."

# Test anxiety

Reading Intention: Explain test anxiety to a friend

What is test anxiety	Moments when test anxiety can happen
Physical manifestation of test anxiety	