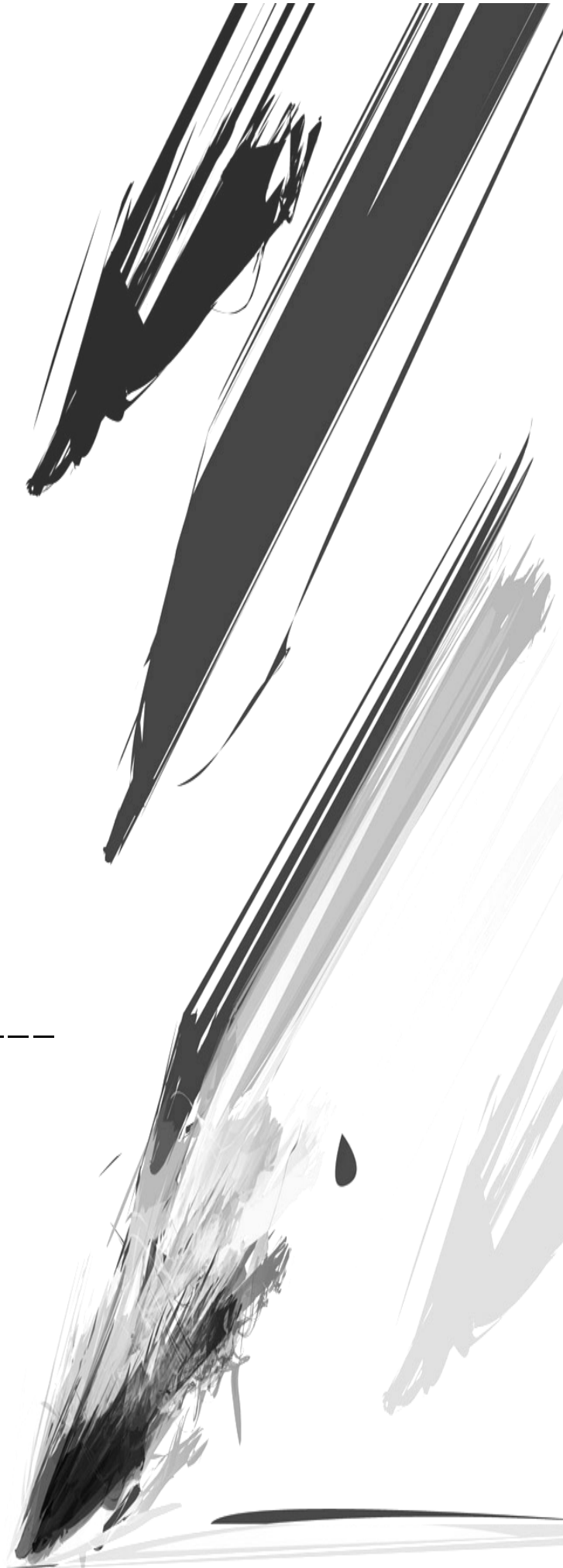


Take Notes

Name: _____

Group: _____

Marie-Claude Couture, c.p.
Christopher Cranmer, teacher



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	

The strategy to “Take Notes”



Global intention:

Learn how to take good notes to become more comfortable at doing C2.

1st period The strategy «Take notes»... What is it?

2nd period The strategy «Take notes»... How do we do it?

3rd period The strategy «Take notes»... Practicing it together!

4th period The strategy «Take notes»... Practicing it individually!

5th period The final task... Writing good and bad examples of taking notes!

