

Tackling Test Anxiety

Presenter: Steve Schmidt

Host: Debi Faucette

Tuesdays for Teachers

December 10, 2024



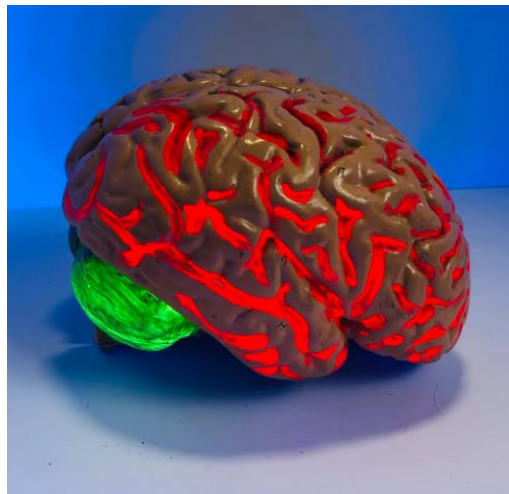
Today's Objectives

At the end of today's webinar, I will be able to:

- Describe how anxiety impacts learning and test performance
- Explain techniques for assisting students in coping with stress
- Access and use applicable resources

The Brain on Test Anxiety

- The amygdala is the brain's switching system
- In the unstressed brain, the amygdala allows the prefrontal cortex to manage higher-level thinking
- In the stressed brain, the amygdala shuts the pathway to the prefrontal cortex and opens the pathway to the limbic system (fight, flight, or freeze)



Write it Down Technique

- Free write about all your worries on a scrap piece of paper
- This technique works because the act of writing helps the brain believe the problem has been dealt with already
- It's as if the paper now holds the worries!

Let's Practice the Write it Down Technique

- Grab a scrap piece of paper and write down your worries during the next two minutes



Behavior Follows Belief

“In life, behavior follows belief. Everything we do is directly connected to what we believe is true.”

- John Strange



Behavior Follows Belief in Action

- What does Patricia Heaton believe?
- How does her behavior show her beliefs?



Reframe Beliefs about Stress

- How we think about test-related stress matters
- Reframing is looking at a situation with new eyes
- Before: My increased heart rate and faster breathing mean I'm stressed out!
- Reframed: My increased heart rate and faster breathing mean my body is gearing up to help me successfully meet this challenge

Social Connections Give Strength

- Ask students to share how they have overcome obstacles in their life like doing poorly on a test and then working hard to do better
- Hearing stories of other people's resilience can provide motivation and works against catastrophic thinking ([Smith, 2019](#))



Speaking of Catastrophic Thinking . . .

Catastrophic thought: “I always fail every test”

1. **Notice It** – “There’s that failure story again”
2. **Acknowledge It** – “If I believe this story, how will it help me? Will it get me closer to the life I want to live?”
3. **Shift It** – Move thinking back to the present



Supportive Social Media

- “Students with high levels of test anxiety who sought social support from their online friends and read the messages prior to a simulated exam reduced their anxiety levels by 21 percent” ([DeLoatch, Bailey, Kirlik, & Ziles, 2017](#))
- Have students seek out social support from their online family and friends through texts, WhatsApp®, or GroupMe® messages



Understanding Growth Mindset

- Goal: Help students understand their capability grows through effort, struggle, and failure
- Students with fixed mindsets believe effort makes no difference as people are either smart or not smart
 - Example: “I’m not a math person”
- Let your class be one where mistakes are “expected, inspected, and corrected!”



Teaching Growth Mindset

- Show students Dr. Carol Dweck's TED talk on *The Power of Yet*
- Use the malleable intelligence handout to show how the brain grows from challenges and making mistakes
- Counter fixed mindset thinking:
 - Answer "I'll never pass this test" with "You haven't passed the test **yet**, but you will next time."

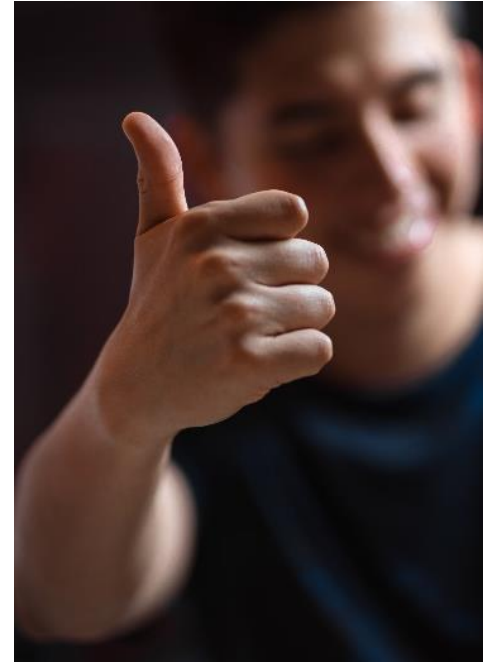
Provide Wise Feedback

- Tell students that you believe in their ability to be successful. Use statements like:
 - “The hard work you’ve done shows me you can successfully pass this test.”
 - “You have prepared well for this test. Your (examples of specific work) proves to me that you will do well on this test.”
 - “I believe in you and in your abilities. I know you will do well on this test.”



Affirmations

- Have students prepare a list of short, motivational or calming statements they can repeat to themselves before or during the stress of the test
- Some example affirmations are:
 - I've got this!
 - I've worked hard and prepared well for this
 - My body is geared up and ready for this challenge
 - I have done hard things in the past, I can do this now



Diaphragmatic Breathing

- Sit in a comfortable place
- Place one hand on your chest and one hand on your stomach
- Inhale through your nose for about 4 seconds, feeling your stomach expand
- Hold your breath for 2 seconds
- Exhale very slowly and steadily through your mouth for about 6 seconds
- Repeat for 5 to 15 minutes

Studying - The Pomodoro Technique

- Set a timer and study for 25-minute periods
- Reward yourself with a 5-minute break after the timer goes off
- Take a longer break after three or four 25-minute study sessions
- “Eat your frogs first,” do the hardest task first or during your peak focus periods



Use GED.com Tools to Get Familiarity

- “The familiar is less anxiety provoking than the unfamiliar.”
 - Computer-Based Test Tutorial
 - Calculator Tutorial
 - Free Practice Tests
 - Study Guides
 - Reference Sheets



Free Classroom Materials

Computer-Based Test Tutorial

Tutorial

Instructions

Scroll Bar

Sometimes a question will have a document that is bigger than the screen.

If the document is **longer** than the screen, you will see a **scroll bar on the right of the text**.

If the document is **wider** than the screen, you will see a **scroll bar below the text**.

Click on a scroll bar.

Drag the scroll bar **ALL** the way to the **bottom** or **ALL** the way to the **right**.

Practice with the 2 scroll bars on the right.

How to Take Photographs

- 1 Almost everyone have had the picture at one time or another. Some people take photographs as an art form. They want to send to family members. Here are the basics of photography.
- 2 To make a good photograph, you can use black and white or color. Black and white photographs, still high contrast, give a more artistic mood. Color, on the other hand, is more appropriate for pictures of people or autumn landscapes.
- 3 Film speed is also important. If you are photographing in bright sunlight, you should use a low speed. This choice will have a greater possible print. In low-light situations or when photographing rapid movement, a high speed is more appropriate. This is because the shutter speed is faster so you can set the shutter speed rate to capture the action.
- 4 If your camera has adjustable aperture settings, learning to use them can enhance the quality of your photographs. Aperture refers to how wide open the lens is, which determines how much light is allowed to enter the camera.

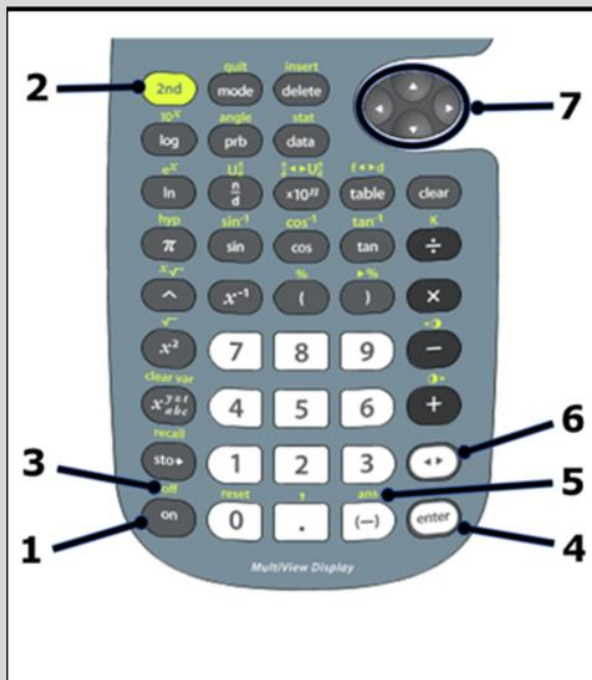
GED® Calculator Tutorial










Calculator

Instructions

Basic Operations of the Calculator

Locate the **basic keys** on the image and review their **functions** in the numbered list.



-  turns on the calculator.
-  turns on the 2nd indicator and accesses the function shown above the next key you press.
-   turns off the calculator and clears the display.
-  completes the operation or executes the command.
-   recalls the most recently calculated result and displays it as Ans.
-  toggles the answer between fraction and decimal, exact square root and decimal, and exact pi and decimals formats.
-  allows you to move the cursor on the screen and in operations as necessary.

Practice with the Calculator keys on the next page.

GED® Free Online Practice Test

[About The Test](#)[Study](#)[Grads and Transcripts](#)[Blog](#)[Podcast](#)

Take a GED® Practice Test Online for Free

As you work toward earning your GED® credential, you'll find GED® practice tests to be quite beneficial. They help you prepare for what's on the actual test, of questions you need to know. Practice tests may also help lower test-day anxiety, as you'll already know what to expect when you take the official test.

Preparing for the GED® exam doesn't need to be intimidating because we're here to help every step of the way.

As the official site of the GED® test, [GED.com](https://www.ged.com) is your one-stop destination for helpful resources. Whether you want to brush up on skills or gain confidence our free GED® practice tests will help you on the journey toward success.

Try a free sample test in [each of the GED® subjects](#).

GED® Reference Sheets

Reference Sheets

Many of these resources are available to your students in the testing center on test day. Review these with your students so there are no surprises on test day.

English

[Calculator Reference Sheet](#)

[Mathematics Formula Sheet](#)

[Extended Response Answer Guidelines](#)

Spanish

[Calculator Reference Sheet – Spanish](#)

[Mathematics Formula Sheet – Spanish](#)

[Extended Response Answer Guidelines – Spanish](#)

Students can change what the test looks like on their computer screen to make it easier to read. Download these guides to learn more about changing the [on-screen color of the test](#), the [text size of the test](#), and [how to highlight text on the test](#).

GED® Study Guides

6/15/2018

MyGED® : Study Guide



GED Study Guide SOCIAL STUDIES

What you need to know about the GED® Social Studies Test

- 1** You should be familiar with basic social studies concepts, but you're not expected to have in-depth knowledge of each topic.
Remember, the social studies test is not a memorization test! You don't need to know the capitals of countries or the timeframes that certain wars occurred.
- 2** You'll need to understand social studies concepts, use logic and reasoning, and draw conclusions (which is using your critical thinking skills in social studies).
This study guide and the example questions in it will help you get an idea of what's going to be on the test.
- 3** You don't need to know everything in this guide!
If you want to see how close you are to passing, the GED Ready® official practice test is a great way to help you determine if you're ready.

Questions, Comments, Thoughts?



Thank You!

Steve Schmidt

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GED Website Link: Contact Us – GED



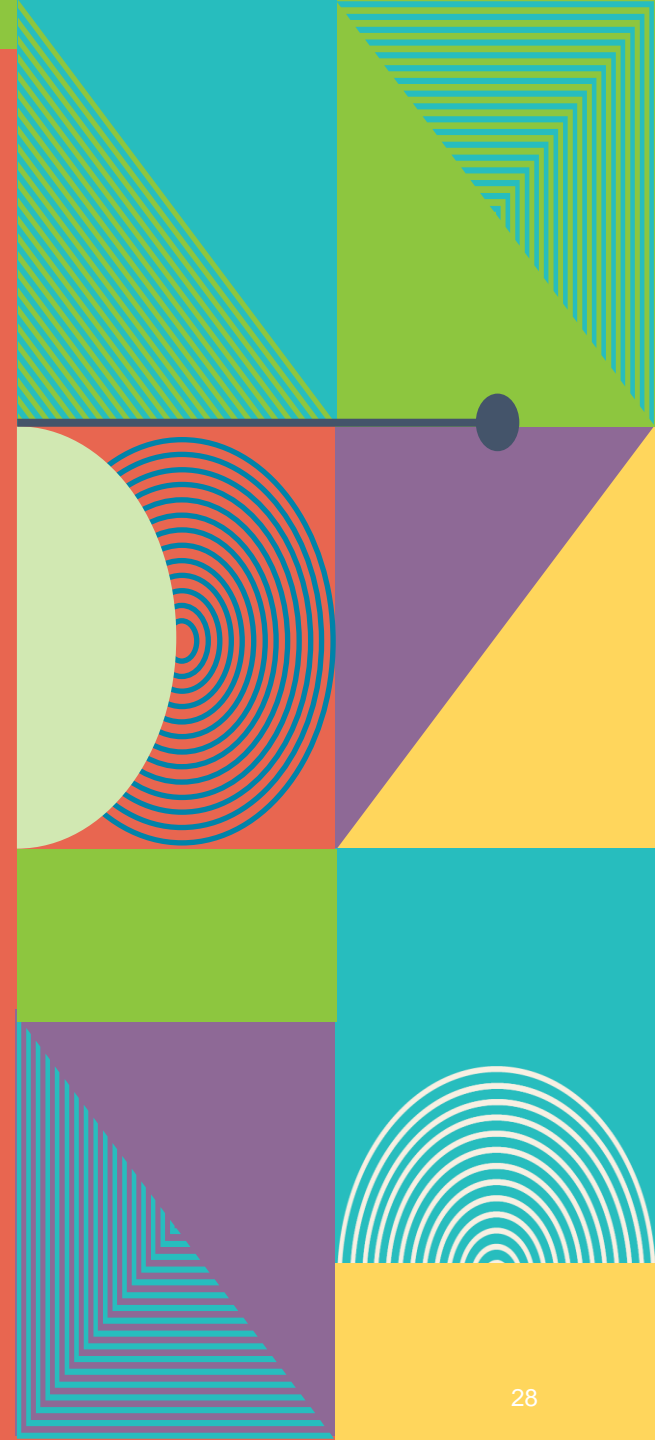
Hot Topic

GED Prep Connect™



GED PREP CONNECT™ IN GED MANAGER™

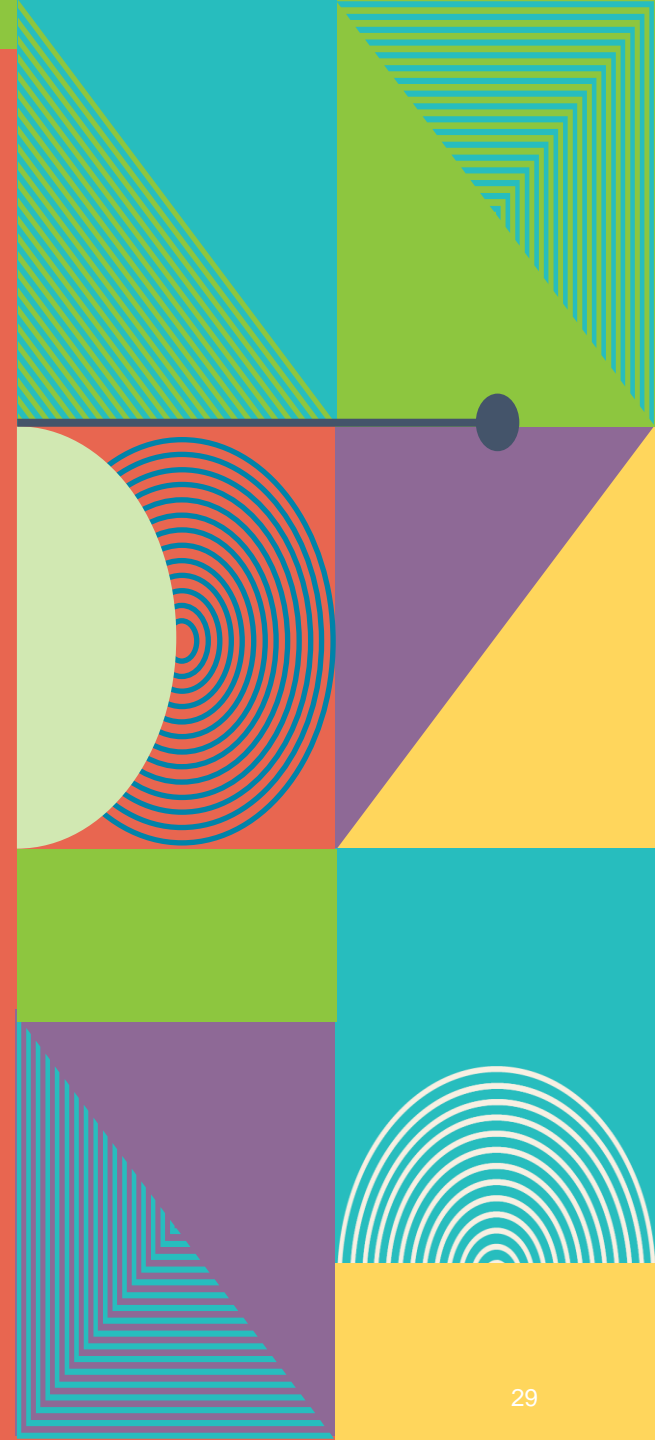
- GED Prep Connect™ is an exclusive portal designed to help educators & test administrators manage their programs.
- This valuable tool helps recruit, track and retain interested learners.
- Many programs have already utilized this resource to grow their enrollments without spending more on marketing.
- In the years past more than 200,000 students asked to be contacted, but many of them never heard from their local program.



RECRUITING AND STIMULATING STUDENT SUCCESS WITH *GED PREP CONNECT™*

What the Data tells Us

- In previous research we found that 34% of GED students are studying in a class, while 28% of students are unaware of GED prep programs and don't know how to find them.
- We also found that 63% of students believe GED prep programs can help them pass the test and earn their credential.
- 76% of students said they are likely or very likely to share their scores with their GED preparation program.

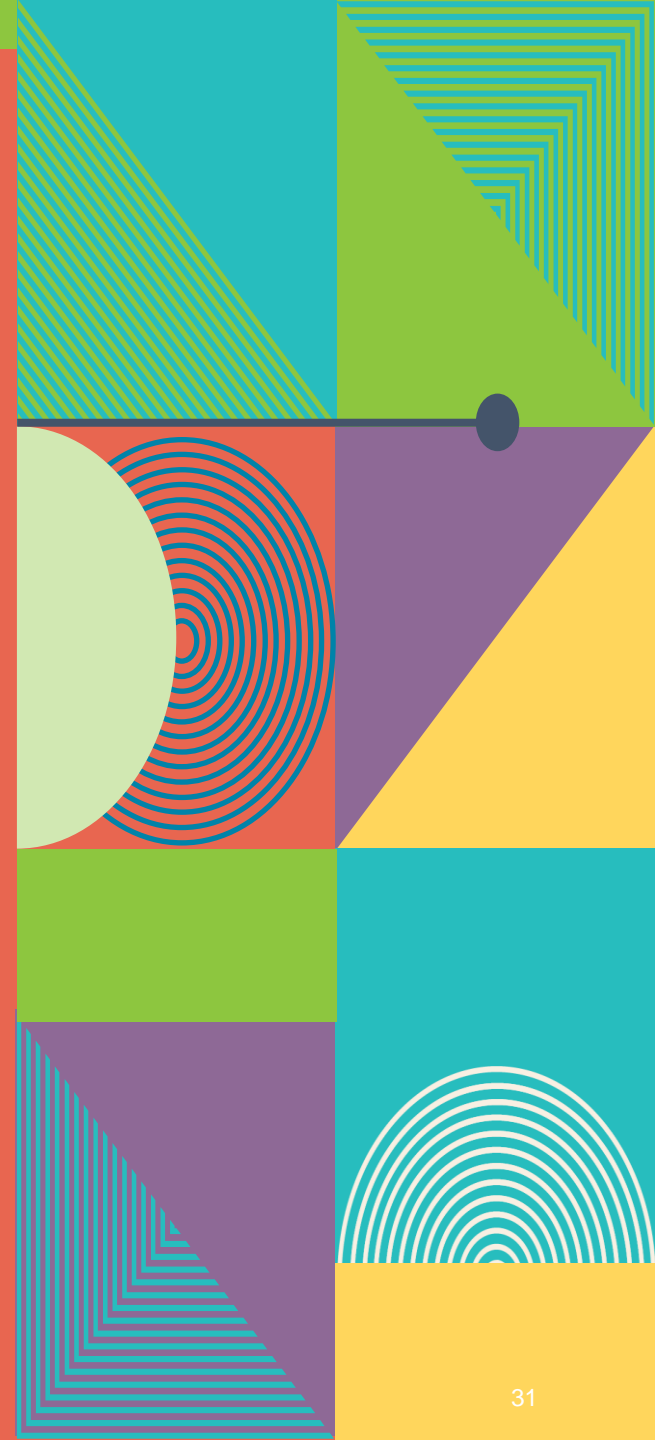


GED PREP CONNECT™ IN GED MANAGER™

- **If you have GEDManager access:**
Once you successfully login to GEDManager-
 - click on *Manage Student*; then,
 - click on *Manage GED® Prep Connect Enrollment* to view students who selected your prep center and are seeking GED preparation classes or testing and waiting to be contacted by you.

GED PREP CONNECT™ IN GED MANAGER™

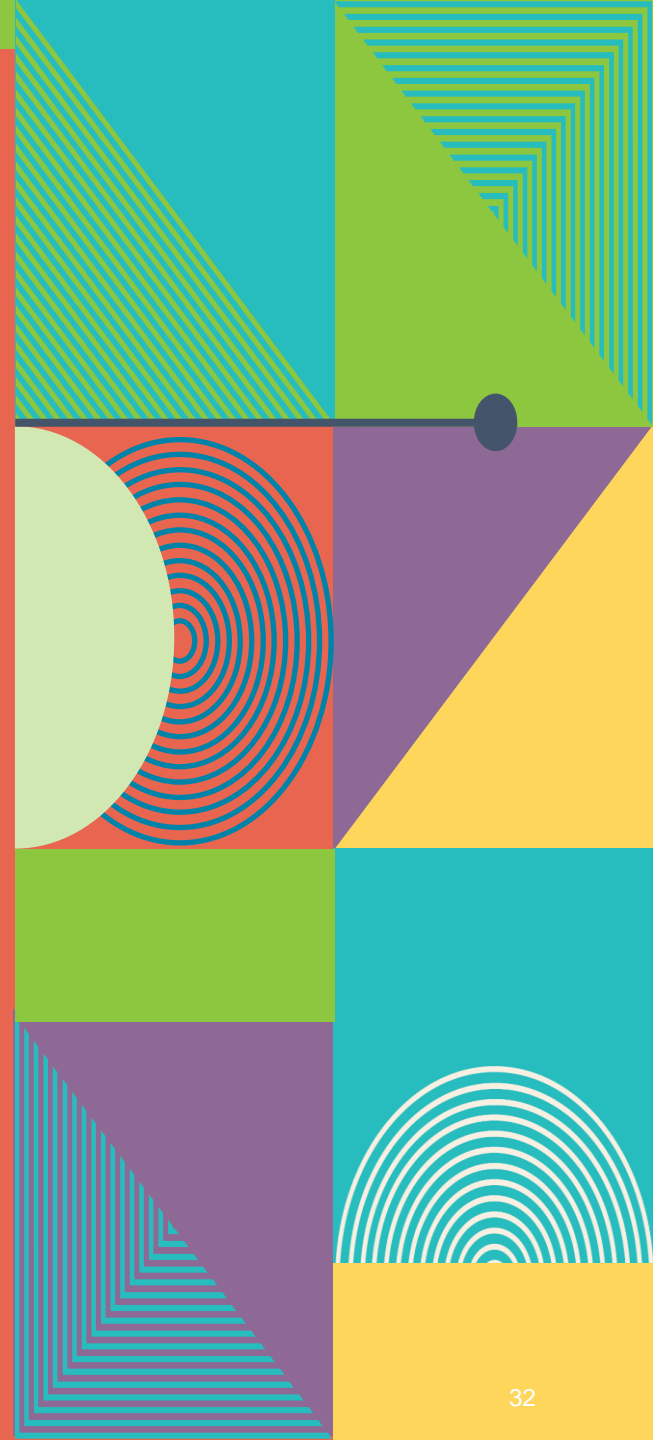
- **If you do NOT have access to GEDManager:**
 - Check with your program administrator to see if your state allows access to GEDManager
 - If allowed, you may request access by completion and submission of a form at the link below:
 - https://www.ged.com/educators-admins/test_admin/ged_manager/ged_manager_request_form/



RECRUITING AND STIMULATING STUDENT SUCCESS WITH *GED PREP CONNECT™*

Benefits

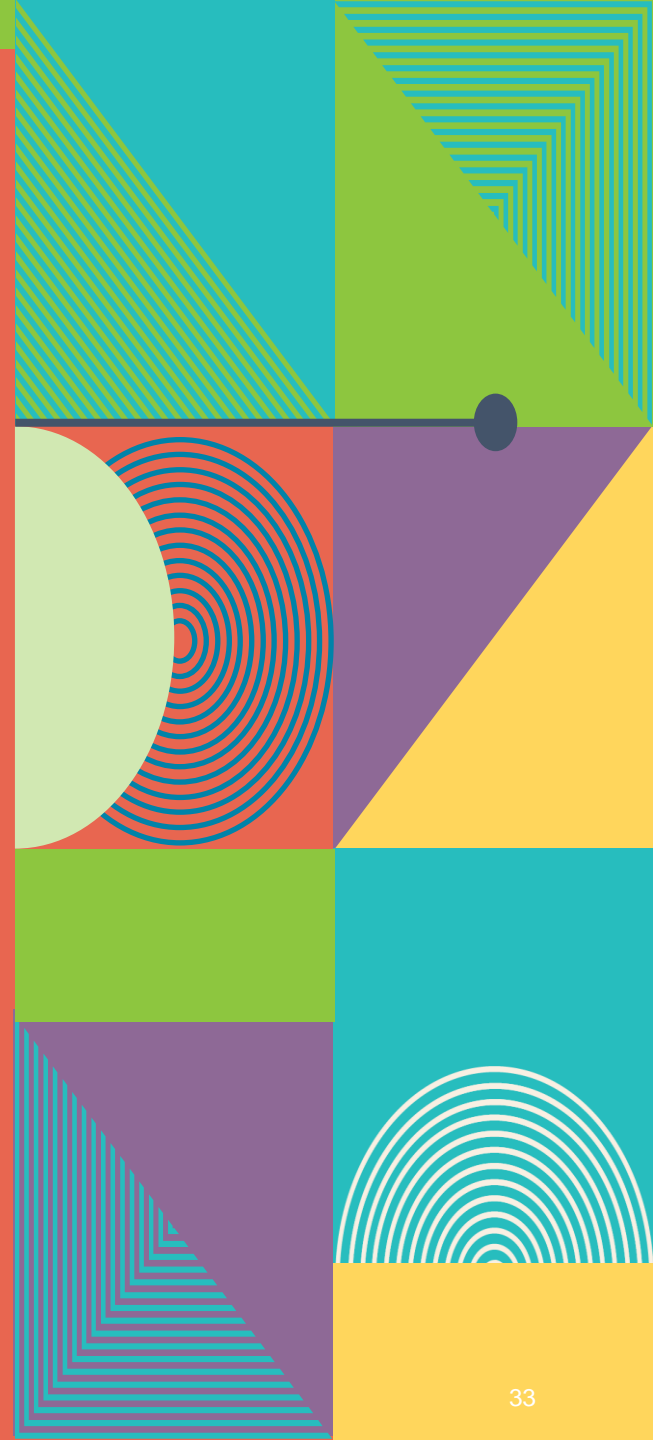
- The GEDPrep Connect tool helps build connections between local students and adult education programs.
- Every day students are sharing their scores and selecting adult education programs they would like to connect with and start taking GED classes.



RECRUITING AND STIMULATING STUDENT SUCCESS WITH *GED PREP CONNECT™*

Benefits

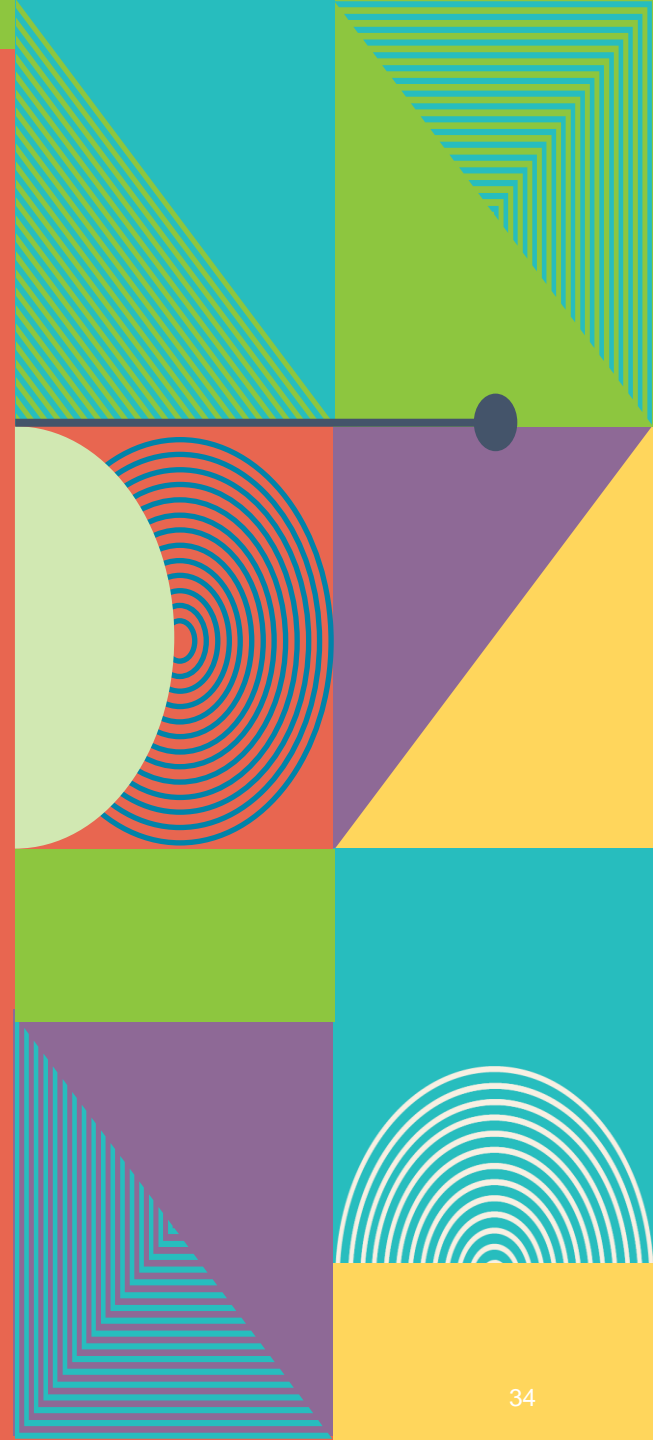
- This tool helps students across the country locate programs near them, while encouraging them to start or finish their GED testing process.
- Educators and administrators with access to GED Manager will be able to view email addresses and phone numbers of interested students that have selected their programs.



RECRUITING AND STIMULATING STUDENT SUCCESS WITH *GED PREP CONNECT™*

Benefits

- Educators and administrators with access to GED Manager will be able to:
 - view email addresses and phone numbers of interested students who have selected their programs.
 - print batches of student score reports and passers reports with students who have shared their scores with your program.
 - create personalized learning plans for their students based on the scores.



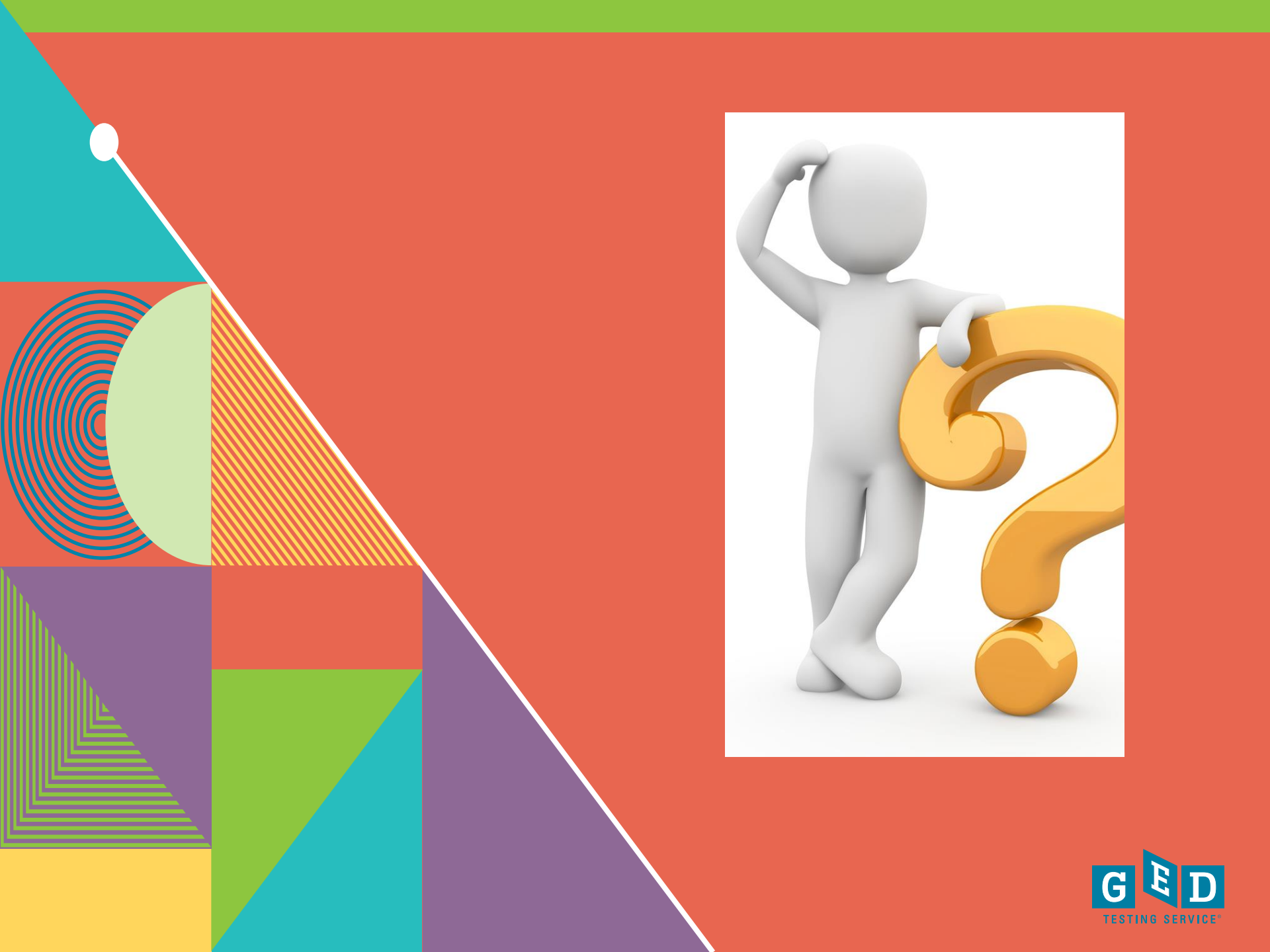
IMPORTANT TOOLS

GED Prep Connect training video

- <https://www.youtube.com/watch?v=OwlUeskS590>

Add or update Adult ed center/Prep Center info

- https://www.ged.com/prep_center_request_form/



A decorative geometric pattern on the left side of the slide, featuring a teal triangle at the top left, a red square with a white dot, a green semi-circle, a yellow and orange striped triangle, a purple square with a green and yellow striped triangle, a green triangle, a teal triangle, and a yellow triangle at the bottom left.

THANK YOU!

to

Operations@ged.com

Next Tuesdays for Teachers:

Integrating AI in English Language Learning

January 28, 2025

Website Link: ContactUs@GED.com



