



Step Up to Your Future

**STRATEGIES FOR ADDRESSING
TEST ANXIETY
Independent Study**

Workbook Links

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Lesson 1:

Understanding Test Anxiety

Workbook Links

- Familiarize yourself with the *STEP™ Resource Guide* under Free Online Resources located on this website.

Lesson 2:

Understanding Yourself

Workbook Links

Personal Self-Assessment Worksheet Links

www.educationplanner.com/careerkey/code/holland_type.asp?sponsor=2859&path=ug.gs.discover

www.educationplanner.com/careerkey/default.asp?sponsor=2859

<http://keirseey.com/handler.aspx?s=keirseey&f=fourtemps&tab=1&c=overview>

www.keirseey.com/sorter/register.aspx

www.humanmetrics.com/cgi-win/JTypes2.asp

www.personalitytype.com/quiz.asp, www.personalitypathways.com/type_inventory.html

www.mypersonality.info/personality-types

Lesson 3:

Learning Self-Assessment

Workbook Links

Multiple Intelligences Links

MI Identified —

<http://lth3.k12.il.us/rhampton/mi/MIIDENTIFIED.htm>

This website gives an excellent overview of each type of intelligence and possible careers that each intelligence supports.

Multiple Intelligences —

www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks3/ict/multiple_int/index.htm

This site is dedicated to testing and exploring multiple intelligence theory.

Multiple Intelligence Assessment—

www.berghuis.co.nz/abiator/lsi/lsiframe.html

This site offers a simple assessment of multiple intelligences.

Multiple Intelligence Inventory —

www.ldrc.ca/projects/miinventory/miinventory.php

This is a slightly more detailed inventory of your multiple intelligences.

Learning Styles Links

Learning Centre —

www.ncistudent.net/StudySkills/LearningSkills/LearningStyle1.htm

This site offers information on learning styles and a learning style questionnaire.

University of South Dakota—

www.usd.edu/trio/tut/ts/stylest.html

This is a short learning styles test.

Online Learning Styles Inventory —

www.berghuis.co.nz/abiator/lsi/lsiframe.html

This site offers two versions of a learning styles test.

Ageless Learner —

<http://agelesslearner.com/assess/learningstyle.html>

Try this chart to help you assess your learning style.

Personal Penn State —

www.personal.psu.edu/bxb11/LSI/LSI.htm

This learning style inventory is easy to take.

Education Planner —

[www.educationplanner.com/education_planner/discovering_article.asp?sponsor=2859&articleName=Learning Styles Quiz](http://www.educationplanner.com/education_planner/discovering_article.asp?sponsor=2859&articleName=Learning_Styles_Quiz)

Education Planner offers a learning styles quiz.

Meta Math —

www.metamath.com/multiple/multiple_choice_questions.html

This is a simple multiple choice learning style survey.

Lesson 4:

Cognitive and Study Skills

Workbook Links

Reasoning Links

Inductive and Deductive Reasoning —

www.sjsu.edu/depts/itl/graphics/induc/ind-ded.html

This website provides an overview of inductive and deductive reasoning.

Brain Boosters —

<http://school.discoveryeducation.com/brainboosters>

This site offers a number of brain teasers that target your reasoning.

Superkids —

www.superkids.com/aweb/tools/logic

This site offers fun online games involving logic and reasoning.

LSAT Logic Game —

www.west.net/~stewart/lwsample.htm

This page offers an excellent exercise in reasoning and links to additional exercises.

Logic Games —

[www.alpha-score.com/Free LSAT Course/Logic Games/Free LSAT Course Game Intro.html](http://www.alpha-score.com/Free_LSAT_Course/Logic_Games/Free_LSAT_Course_Game_Intro.html)

This site offers additional logic game exercises.

TSA Oxford —

www.admissionstests.cambridgeassessment.org.uk/adt/tsaoxford/Test+Preparation

This practice test focuses on reasoning and problem-solving.

Inductive Reasoning Activities —

www.csun.edu/science/ref/reasoning/inductive_reasoning/inductive_reasoning.html

This website offers an explanation of inductive reasoning and links to practice activities.

Attention Links

Concentration —

www.academictips.org/acad/concentration.html

This site has tips for improving your concentration.

Kansas State University —

www.k-state.edu/counseling/topics/career/concentr.html

This Kansas State University website offers techniques for improving concentration.

Improving Concentration —

www.ucc.vt.edu/lynch/ImprovConcentration.htm

The Virginia Tech website offers a tutorial on improving concentration.

Alt Medicine —

<http://altmedicine.about.com/od/optimumhealthessentials/a/Concentration.htm>

Five practical tips are given on this page about improving your concentration.

eHow Articles —

www.ehow.com/how_3823_improve-concentration.html

This page offers a practical strategy for improving your concentration to get work done.

Active Listening —

www.mindtools.com/CommSkill/ActiveListening.htm

This site provides tips for improving your attention while listening.

Games for the Brain —

www.gamesforthebrain.com/game

This fun site offers games involving multiple cognitive skills including attention to detail.

Lost in Migration —

www.lumosity.com/brain-games/attention-games/lost-in-migration

You can sign up for a free account at Luminosity and play this game which is excellent for improving concentration and attention to detail.

Simon Game —

www.thepcmanwebsite.com/media/simon

Simon is a classic game that improves attention and memory.

Memory Links

Self-Assessment —

www.oakton.edu/learn/memsvy.htm

This is a memory self-assessment tool with links to information on memory.

Remembering —

www.ucc.vt.edu/stdysk/remember.html

This Virginia Tech page discusses the two types of memory skills you need to succeed.

Memory Principles —

<http://frank.mtsu.edu/~studskl/mem.html>

This web page lists memory principles and tips for improving your memory.

Mind Tools —

www.mindtools.com/memory.html

This website has memory improvement tools and techniques.

Intelegen, Inc. —

www.web-us.com/memory

This page has links to information and strategies related to improving memory.

The Memory Page —

www.thememorypage.net

This website is dedicated to helping you improve your memory and includes games and tutorials.

The Memory Gym —

www.memorise.org

Exercise your brain and improve your memory with the lessons and exercises on this website.

Simon —

www.freegames.ws/games/kidsgames/simon/simon.htm

This classic game combines memory and sequence.

Braingle —

www.braingle.com/mind/memory.php

This site offers memory-building games, strategies and tests.

Memory Matrix —

www.lumosity.com/brain-games/memory-games/memory-matrix

You can sign up for a free account at Luminosity and play this game which is excellent for improving spatial and visual recall.

BBC Human Body and Mind —

www.bbc.co.uk/science/humanbody/mind/surveys/memory

This site provides a memory test and ways to improve your memory.

Sequence —

www.kongregate.com/games/mindlesslabs/sequence#game_instructions

This is another online memory and sequence game.

Which Came First? —

<http://web.mit.edu/invent/www/ima/which1.html>

This MIT page offers a game that combines memory and sequencing.

Memory Match —

<http://dsc.discovery.com/fansites/dirtyjobs/games/match/match.html?emc=e1&m=447380&l=3&v=670068bf42>

The Discovery Channel offers a fun version of the classic concentration game.

Biography Channel Games —

www.biography.com/games

Trivia games are a good way to exercise long-term memory.

History Channel Games —

www.history.com/games.do

This site offers history trivia games to exercise long-term memory.

Types of Processing —

www.ldinfo.com/process_areas.htm

This website has links to simple explanations of specific types of processing, all of which are intricately related to memory.

Eye Can Learn —

www.eyecanlearn.com

This site provides simple exercises to improve visual processing and memory.

Problem-Solving Links

Study Guides and Strategies —

www.studygs.net/problem

This site provides an overview and strategies for problem-solving and decision-making.

Mind Tools —

www.mindtools.com/pages/article/newTMC_00.htm

This site offers some useful tools and strategies for problem-solving.

Braingle —

www.braingle.com/mind/categories.php?cat=&s=Problem+Solving

This site provides problem-solving exercises.

PedagoNet Problem Solving —

www.pedagonet.com/brain/brainers.html

This site provides a variety of problem-solving brain teasers.

Brain Bashers —

www.brainbashers.com/logic.asp

This site provides problem-solving logic puzzles.

Icebreaker Collection —

www.mwls.co.uk/icebreakers/puzzles.pl

This page has links to some problem-solving puzzles.

The Problem Site —

www.theproblemsite.com/games.asp

This is a site with a wide variety of problem-solving games.

Play Kids Games —

www.playkidsgames.com/problem_solveGames.htm

This site is recommended for adults as well as kids and offers problem-solving games that focus on music, science, geography and more.

Math Playground —

www.mathplayground.com/logicgames.html

This site offers fun math problem-solving games.

Gamequarium —

www.gamequarium.com/problemsolving.html

This is another site with math problem-solving games.

Absurd Math —

www.learningwave.com/abmath

This is a fun site that combines an interactive computer game with math problem-solving.

PuzzleZone —

www.sciencenewsforkids.com/articles/PuzzleZone.asp

This Science News page offers challenging brainteasers.

GameZone —

www.sciencenewsforkids.com/pages/gamezone

This page from Science News offers logic puzzles and games.

Study Skills Links

University of Minnesota —

www.d.umn.edu/kmc/student/loon/acad/strat

This University of Minnesota site has self-assessments, tips and record-keeping tools.

Virginia Tech —

www.ucc.vt.edu/stdyhelp.html

Virginia Tech offers online study skills workshops at this site. Begin with the study skills inventory.

How to Study —

www.how-to-study.com/pqr.htm

This comprehensive site covers many study related topics and strategies. The explanations are incredibly simple and straightforward, but the tips are helpful for high school and college students, as well as adults.

Academic Tips —

www.academics tips.org/acad/index.html

This site has excellent and concise study tips.

Study Guide Zone —

www.studyguidezone.com/resource_tips.htm

This website offers specific study strategies based on learning style, as well as general study skills and advice on testing.

Learning Style Study Tips —

www.metamath.com/lsw eb/fourls.htm

This is another site that offers study tips based on learning styles.

Cal Poly University —

<http://sas.calpoly.edu/asc/ssl.html>

This Cal Poly University website has practical plans for improving a number of study skills.

Sites to Promote Academic Success —

www.uni.edu/walsh/linda7.html

This educational website has links to a number of sites that provide support for academic success.

Study Guides and Strategies —

www.studygs.net

This comprehensive study strategy site offers information on a number of study-related topics.

Student-Created Study Skills Site—

www.columbia.edu/cu/augustine/study

This is a helpful study skills site created by students.

George Washington University —

<http://gwired.gwu.edu/counsel/asc>

The George Washington University website offers both long-term tools and last minute advice for studying and academic success.

Education Atlas —

www.educationatlas.com/study-skills.html

This excellent site is frequently updated and offers one page explanations of study techniques and strategies.

Study Skills Guide —

www.csbsju.edu/academicadvising/helplist.htm

This is yet another college website with study skills improvement strategies.

Study Stack —

www.studystack.com

This interactive website enables you to study multiple topics using other students' notes and games or to create your own.

Internet Detective —

www.vts.intute.ac.uk/detective

This is an excellent tutorial focusing on how to use the Internet for research.

Research Skills —

www.vts.intute.ac.uk

This site offers a number of independent study research tutorials focusing on specific subject areas.

Lesson 5:

Academics and Testing Success

Workbook Links

- ▶ Refer back to the links in the previous lessons.

Lesson 6:

Understanding Emotions

Workbook Links

Emotional Intelligence Links

Emotional Intelligence —

www.businessballs.com/eq.htm

This site offers a brief overview of emotional intelligence theory.

Institute for Health and Human Potential —

www.ihhp.com/testsite.htm

This site offers a free emotional intelligence quiz.

Psychology Test —

www.psychtests.com/cgi-bin/tests/transfer.cgi

This is another emotional intelligence test.

Discovery Health —

http://discoveryhealth.queendom.com/eq_abridged_access.html

This site has an emotional IQ test.

Emotional Quotient Quiz —

www.allthetests.com/eq-tests-emotional-quotient-quizzes.php

This is another free online quiz of emotional intelligence.

Attachment Style —

www.web-research-design.net/cgi-bin/crq/crq.pl

This site offers a free attachment style test.

Spot the Fake Smile —

www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml

This is an interesting test of your ability to recognize true emotion in others.

Lesson 7:

Emotions and Testing

Workbook Links

Emotional Health Links

Everyone experiences feelings of stress, anxiety and depression at some time in his/her life. It is normal to struggle with emotional issues occasionally, but if you have upsetting symptoms that occur regularly or interfere with daily life, it can indicate serious problems. Symptoms of emotional and psychological disorders can vary greatly, so it is essential to consult with a professional if you think that you or someone you know may need help. These resources can assist you in maintaining and assessing your emotional health.

Family Doctor —

<http://familydoctor.org/online/famdocen/home/articles/589.html>

Family Doctor offers an excellent and brief discussion of emotional health on this page.

Teen Health —

www.teenhealthfx.com/answers/Emotional/index.php

This is a great place to find answers to questions about your emotions and moods. If you are wrestling with a problem, look here for help.

The Human Mind —

www.bbc.co.uk/science/humanbody

This amazing website has many interactive games and activities for learning about your mind and emotions.

APA Health Center —

<http://apahelpcenter.org>

This website from the American Psychological Association is an excellent resource offering brochures, tips and articles.

Web MD —

www.webmd.com/balance

WebMD is an excellent resource for health and balance information. Find out more about stress, anxiety and other emotional, physical and psychological health issues.

Princeton University —

www.princeton.edu/uhs/ih_Q_A_emotional_health.html

This site from Princeton University focuses on adjusting to college life and overall emotional health.

Psychological Stress —

www.nlm.nih.gov/medlineplus/stress.html

This site from the US National Library of Medicine provides links to a number of stress-related articles and resources.

Everyday Health —

www.everydayhealth.com/emotional-health/index.aspx

Everyday Health offers an emotional health center online.

Anxiety Assessment —

www.psych.uncc.edu/pagoolka/StateAnxiety-intro.html

This anxiety assessment may be a helpful tool to assess your state of anxiety.

Depression Self-Screening —

<http://psych.med.nyu.edu/patient-care/depression-screening-test>

This is a self-screening test for symptoms of depression. Keep in mind that only a doctor can truly diagnose depression.

Depression Screening —

www.depression-screening.org/screeningtest/screeningtest.htm

Another confidential depression-screening test is provided on this site.

Psych Central —

<http://psychcentral.com/quizzes>

This site offers a number of psychological self-tests. Just remember that if you suspect you have a psychological disorder, you should see a doctor as soon as possible.

Personal Counseling Issues —

www.wisemantech.com/guidance/personal.htm

This site provides links to a number of issue-specific resources.

Lesson 8:

Addressing Your Test Anxiety

Workbook Links

- Refer back to the links in the previous lessons.