

## Reduce Anxiety in the Classroom

As a teacher, make attempts to reduce the overall anxiety in your own classroom. There are several ways to accomplish this, listed below are a few examples.

**Create an atmosphere that is WELCOMING - INVOLVED - SUPPORTIVE**

### Provide helpful feedback

### Allow time for and teach students how to reflect on their progress

### Involve students in your classroom

- Allow input on the structure
- Give options
- Let them help design test questions and formats

### Offer attribution training

- Help students understand the events and actions that contribute to their success and failure
  - Poor performance means that you must work harder
  - Success comes from hard work
    - These behaviors need to be continued and enhanced
  - Learn from your mistakes

### Teach and prompt the use of anxiety reduction strategies

- Arrive to class on time
- Avoid gossip about tests, assignments
- Meditate
- Deep breathing
- Positive and relaxing images
- Relaxing music
- Muscle relaxation

### Teach Study Skills

How can children learn to be prepared if they have not been taught how to prepare?

- Focus on specific goals
- Obtain required resources
- Create an outline, summary
- Provide study guides
- Require group work
- Provide educational games

### Teach effective test-taking skills

- Easier items first ---> build confidence
- Memory dump ---> jotting down important information and definitions when the test is first distributed
- Budget time
- Pay attention to parts of the test that are highlighted by the teacher
- Teach Mnemonic devices
- Strategies for answering specific types of questions
  - Multiple choice
  - Matching
  - True-False
  - Sentence completion
  - Essay