

Test Preparation

Ms. Epps

Motivation-What quote or idea connects with you and your life situation?

Test Anxiety-3 types of fear for testing, Take notes on how you will deal with each type

A-Fear of Inadequacy-_____

B-Fear of inadequacy-_____

C. Fear of the stakes-_____

Sleeping-What stops you from Sleeping? _____

What and how will you change this now that you know? - _____

Healthy Eating-12 best Brain foods

1)

5)

9)

2)

6)

10)

3)

7)

11)

4)

8)

12)