

ATTITUDE : can add to anxiety. For example, many people say they hate math, or are no good at it, or have had negative experiences with the subject. You do not have to
3 O R Y H ' W K H \ X E M W F O R E X M E : W D K H S O U r mental progress in
learning the subject which leads to overall anxiety 5 D W K H U \ V D \ V R H H S W K L Q J O L N
the one thing I car O H D U Q D E R X W W T K L W D R S k i n g W e R G D u " '
interested in the subject

IDEAS TO THINK ABOUT:

Test Taking Skills:

+ D Y H \ R X U F O R W K H V R X W V R \ R X G R Q \ W K D Y H W R W K

Day of the test:

Use positive statements such as

