

# A Cognitive-Behavioral Approach to Overcoming Test Anxiety Workshop Outline

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**Time Required:** 80 minutes

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## **Workshop Outline:**

I. Wait for Late-Comers - 5 min

II. Preliminaries - 3 min

- Introduction of Presenter(s)
- Distribute term workshop list
- Distribute workshop title sheet with presenter contact information

III. Reflecting on Experience - 7 min

A. Group Discussion - What is Test Anxiety? (list on board)

1. Physical symptoms?
2. Feelings?
3. Actions?
4. Thoughts? (Create long list, as will use this list later)

IV. Assimilating & Conceptualizing

A. Why Do We Have Anxiety? - 5 min

1. Ask class
2. Discussion of evolutionary purpose (fight or flight)

B. Times When Test Anxiety is Good - the Inverted U curve - 2 min

C. How Test Anxiety Arises - the Cognitive Model:

1. Distribute and Review The Cognitive Model of Test Anxiety - 10 min

V. Experimenting and Practicing - 35 min

A. Distribute and Review The Four-Step Model to Reducing Test Anxiety - 5 min

1. Step One - discuss, then have each write in Step One
  - a. Distribute Common Anxious Thoughts About Tests
  - b. Each student to circle those that apply to them
  - c. Then, copy from sheet, board, add to Step One page
2. Step Two- discuss with examples on board, then each writes - 7 min
3. Step Three- discuss with examples on board, then each writes - 7 min
4. Step Four- Relaxation Exercises
  - a. Breathing, Progressive Muscle Relaxation, Guided Imagery - 15 min

VI. Planning for Application

- A. Distribute The Test-Anxiety Bill of Rights and Test Anxiety References for students to read at home - 2 min
- B. "Assign" them to use 4-steps for upcoming studying and exams - 1min
- C. Questions & Comments on today's topics - 3 min

VIII. Evaluation - 3 min

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