



Health Rocks—Less Stress on the Test



Information About Me

Gender (Circle One): Male Female **Grade:** _____

County: _____

Are you part of a Military Family? (Circle One): Yes No

Race & Ethnicity (Circle any that apply):

White African-American or Black Asian
American Indian Pacific Islander Hispanic ethnicity

Answer the questions below by putting an “x” in the box.

True False

Stress is always bad.

Everyone handles stress differently.

Using drugs and alcohol is a positive way to deal with stress.

Put an “X” in the box that describes how you feel about the statement.

**Because of participation in
Less Stress on the Test lessons.....**



I learned positive ways to manage my stress.

I learned how to identify the things in my life that cause me stress.

I learned about positive things I can do to help relieve my stress.

I can help others do positive things to manage their stress.



Stress Busters!

**CIRCLE all the POSITIVE things
you can do to manage your stress**

Get enough
sleep

Do drugs

Learn to
say no

Get some
exercise

Think about
all your
accomplishments

Do
something
fun

Yell at your
sister

Plan ahead

Take a deep
breath









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Put an "X" in the box that describes how you feel about the statement.

After participating in Less Stress on the Test lessons.....				
I am more aware of how I react to stress.				
I am more aware of how others react to stress.				
I am more able to see if someone else is stressed out.				

What would you change
about this program?

The most important thing I
learned from this program....



ANTI-CRAM EXAM

CIRCLE the correct answer for each question below.

1. The best way to reduce text anxiety is:	Stay up all night cramming	Allow plenty of time to study	Don't study
2. If you don't have everything you need to study, you should:	Smoke a cigarette	Hope for the best	Ask your teacher for suggestions
3. A good way to reduce stress before taking a test is:	Take some deep breaths	Drink tons of coffee	Wake up late