



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): 0 = Strongly Disagree (2 thumbs down) or Disagree (1 thumb down) 1 = Agree (1 thumb up) 2=Strongly Agree (2 thumbs up)		
Black	Asian	Hispanic ethnicity

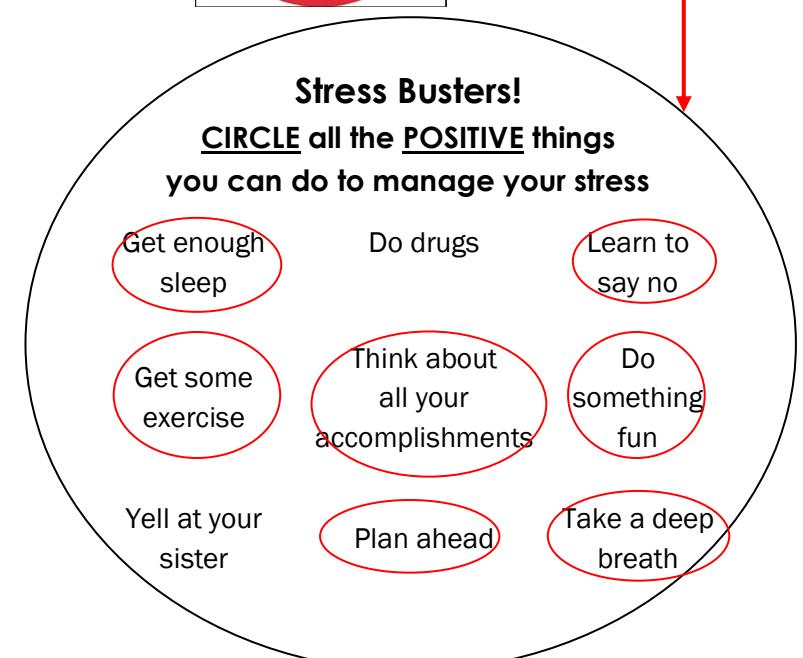
Put an "X" in the box that describes how you feel about the statement.

Because of participation in Less Stress on the Test lessons.....					
I learned positive ways to manage my stress.	0	0	1	2	
I learned how to identify the things in my life that cause me stress.	0	0	1	2	
I learned about positive things I can do to help relieve my stress.	0	0	1	2	
I can help others do positive things to manage their stress.	0	0	1	2	

Answer the questions below by putting an "x" in the box.	True	False
Stress is always bad.		X
Everyone handles stress differently.	X	
Using drugs and alcohol is a positive way to deal with stress.		X

1 = Correct Answer
0 = Incorrect Answer

Each circled item is a different question. You will record answers for each item depending on if it was selected/circled.
1 = If circled , 0 = Not circled





Health Rocks—Less Stress on the Test



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.	0	0	1	2	
I am more aware of how others react to stress.	0	0	1	2	
I am more able to see if someone else is stressed out.	0	0	1	2	

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

0 = Strongly Disagree (2 thumbs down) or Disagree (1 thumb down)
1 = Agree (1 thumb up)
2=Strongly Agree (2 thumbs up)



1 = Correct Answer
0 = Incorrect Answer

What would you change about this program?

ANTI-CRAM EXAM			
CIRCLE the correct answer for each question below.			
1. The best way to reduce test 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

THANK YOU!

Cantwell, 2015