



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
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



TURN OVER PLEASE →



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.				
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?

Empty rounded rectangular box for writing feedback.

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

Empty rounded rectangular box for writing feedback.



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

THANK YOU!