**Health Rocks—Less Stress on the Test**

### Information About Me

<table>
<thead>
<tr>
<th>Gender (Circle One):</th>
<th>Male</th>
<th>Female</th>
<th>Grade: _____</th>
</tr>
</thead>
<tbody>
<tr>
<td>County:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Race & Ethnicity (Circle any that apply):
- [ ] White
- [ ] African American or Black
- [ ] Asian American
- [ ] Native American or Alaskan Native
- [ ] Pacific Islander
- [ ] Hispanic ethnicity

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

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress is always bad.</td>
<td>X</td>
</tr>
<tr>
<td>Everyone handles stress differently.</td>
<td>X</td>
</tr>
<tr>
<td>Using drugs and alcohol is a positive way to deal with stress.</td>
<td>X</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th></th>
<th>0 = Strongly Disagree (2 thumbs down) or Disagree (1 thumb down)</th>
<th>1 = Agree (1 thumb up)</th>
<th>2=Strongly Agree (2 thumbs up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I learned positive ways to manage my stress.</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>I learned how to identify the things in my life that cause me stress.</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>I learned about positive things I can do to help relieve my stress.</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>I can help others do positive things to manage their stress.</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
</tbody>
</table>

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### 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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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

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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…..

<table>
<thead>
<tr>
<th>Statement</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am more aware of how I react to stress.</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>I am more aware of how others react to stress.</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>I am more able to see if someone else is stressed out.</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

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

What would you change about this program?

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

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!

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

Cantwell, 2015