



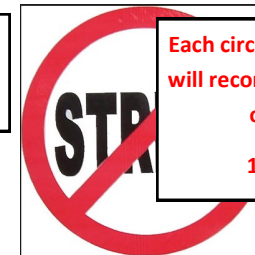
Health Rocks—Less Stress on the Test



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)	Black Asian
1 = Agree (1 thumb up)	r Hispanic ethnicity
2=Strongly Agree (2 thumbs up)	

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

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

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.	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

What would you change about this program?

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

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!