

WHAT DO YOU HATE ABOUT TESTS?

Imagine yourself saying: "I hate tests because . . ." (which statements apply to you?)

- 1. They make me nervous.
- 2. No matter how much I prepare I can't do well.
- 3. It's hard for me to study.
- 4. Tests are stupid.
- 5. I throw up every time I have to take a test.
- 6. I believe everyone else is smarter than I am.
- 7. My mind keeps wandering when I am taking a test.
- 8. I don't think tests measure what I really know.
- 9. I can't sleep before a test.
- 10. I am not good at memorizing.
- 11. My parents put too much pressure on me to do well.
- 12. This country is test crazy.
- 13. Tests stress me out.
- 14. If I hit a wall during a test I fall apart and everything goes downhill.
- 15. I don't really care about them but everyone else does.
- 16. After the test I don't remember anything, so what's the point?
- 17. My stomach is in knots every time I take a test.
- 18. My sister/brother/mother/father was really good at taking tests, but I'm not.
- 19. Tests count for too high a percentage of my grade.
- 20. Tests are too impersonal.
- 21. My mind is always racing before a test.
- 22. I never do well on tests.
- 23. Everyone else places too much importance on tests.
- 24. Tests don't give me the chance to show what I really know.
- 25. There's a secret to doing well on tests and I don't know it.

If this applies to you: Go directly to chapter:

1, 5, 9, 13, 17, 21	4
2, 6, 10, 14, 18, 22	5
3, 7, 11, 15, 19, 23	6
4, 8, 12, 16, 20, 24	7
25	Every chapter