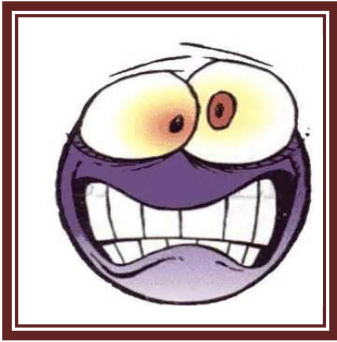


Name: _____

Class: _____ ()

Reading News with the NET (LAC)**Test Anxiety (考試焦慮)**

How anxious are you when taking a test? Take this questionnaire to see if you have any symptoms (病徵) of test anxiety and stress (壓力). Write a number next to each statement.

1 = never

2 = rarely

3 = sometimes

4 = often

5 = always

Before a test

1. I have insomnia (失眠) the night before the test. At times, I even have a nightmare. (惡夢) _____
2. I often feel dizzy (暈眩). _____
3. I sometimes feel nauseous (作嘔). _____
4. I often lose my appetite (食慾不振). _____
5. I tend to have muscle aches and pains (肌肉疼痛). _____
6. I often get headaches (頭痛) or diarrhea (肚瀉). _____

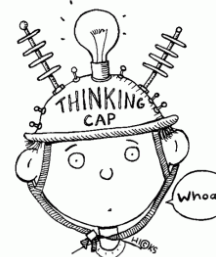
**During a test**

7. Because of panic (驚恐), my heart pounds violently (心跳急速). _____
8. I have sweaty palms. (手心冒汗) _____
9. I feel nervous and jumpy. (提心吊膽) _____
10. My chest (心口) feels tight (緊繃) and I have trouble remembering. _____



11. I make many careless mistakes on tests. _____
12. My mind goes blank (腦海一片空白) during tests. _____
13. I worry when other students are finished before I am. _____

14. I always feel pushed for time (時間緊迫) when I am taking a test. _____
15. I worry that I am doing poorly on a test and that everyone else is doing well. _____
16. When I am taking a test, I think about my past failures. _____
17. During a test, I feel as if (彷彿) I studied all the wrong things. _____
18. I cannot think clearly during tests. _____
19. I have a hard time choosing answers. _____

**After a test**

20. I remember all my answers – be they correct, incorrect, or blank. _____

ANALYSIS

20-29

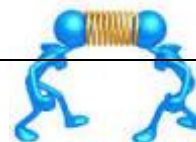
You do not suffer from test anxiety. There is a reminder (提醒) though - try to think about whether (是否) you care enough about your tests.

30-40

Congratulations! Although you have some of the characteristics of test anxiety, it shows that the level of stress and tension (緊張感覺) is just right. A right amount of pressure keeps you going!

41-100

Watch out! You are having an unhealthy level of test anxiety. You need to unwind and chill out (放鬆)! You should ask for help!



TIPS FOR REDUCING TEST ANXIETY

(Please write the missing word in each blank as you listen to Mr Lyons)

To relieve (舒緩) your stress, try to follow these tips before, during and after a test:

Before a test

1. Get plenty of sleep. A good night's sleep will help you _____ stress better.
2. _____ last-minute studying.
3. Eat healthy food. A healthy _____ is important to both your physical (身體上) and mental health (精神健康).



4. Exercise can help you reduce (減少) your stress. You can play _____, basketball, or even take a walk.
5. Take a break if you feel so tense (緊張) that you can't _____. Read a book, watch a movie (which is not a _____ film!) or listen to music (such as K-pop songs) and you will definitely feel more relaxed.

During a test

6. _____! Take deep breaths (深呼吸).
7. _____ the questions you are not sure about; move onto those questions that you know how to do.

After a test

8. Reward (獎勵) yourself when finished with the test. A nice _____ like an ice cream may be good for you.



Key Vocabulary Words

Repeat these words after Mr Lyons when you hear the beep sound.

1. anxiety (n) 焦慮; anxious (adj) 焦慮的

2. symptoms 病徵

3. nightmare 惡夢

4. lose one's appetite 食慾不振

5. dizzy 暈眩

6. headache 頭痛

7. diarrhea / diarrhoea 肚瀉

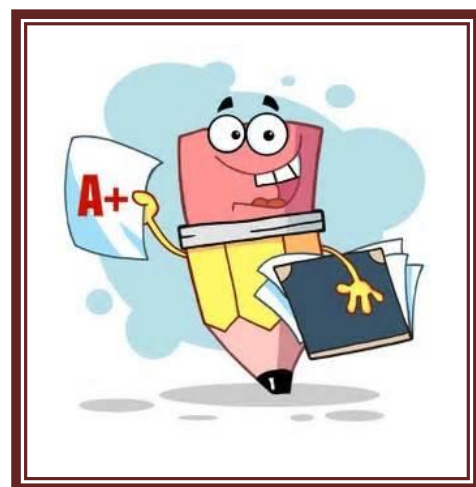
8. relieve stress 減壓

9. panic 驚恐

10. unwind 放鬆

11. mental health 精神健康

12. concentrate 集中精神



Questions

Answer the following questions and your English teacher will check the answers with you in class.

1. There are many words which mean more or less the same as “stress (n.)”. Write THREE synonyms (同義詞) of “stress” that you can find on P.1 and P.2 : (3 marks)

2. Find words on P.1 and P.2 to complete the following: (3 marks)

There are some ways for us to r_____ our stress. For example, many of us like doing exercise to u_____ and c_____ out.

3. Fill in each blank with one of these words: (4 marks)

stress(n)壓力	stressful (adj)令人有壓力的	stressed (adj)感到很大壓力的	stress (v)強調
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- a. Hong Kong students have a very _____ life.
b. Teachers often _____ the importance of doing regular revision.
c. Hong Kong students generally feel very _____ because of numerous tests and exams.
d. Hong Kong students are under a lot of _____ in their school life.

4. Fill in each blank with one of these words: (3 marks)

anxiety(n)焦慮	anxious (adj)感到焦慮的	anxiously (adv) 焦慮地
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- a. Mr Lee has fallen ill. We are all _____ about his health.
b. My parents waited _____ for my sister to come home last night.
c. My sister suffers from test _____. She always gets butterflies in her stomach before a test.

/13
