

More Tips for Freshmen

Stress

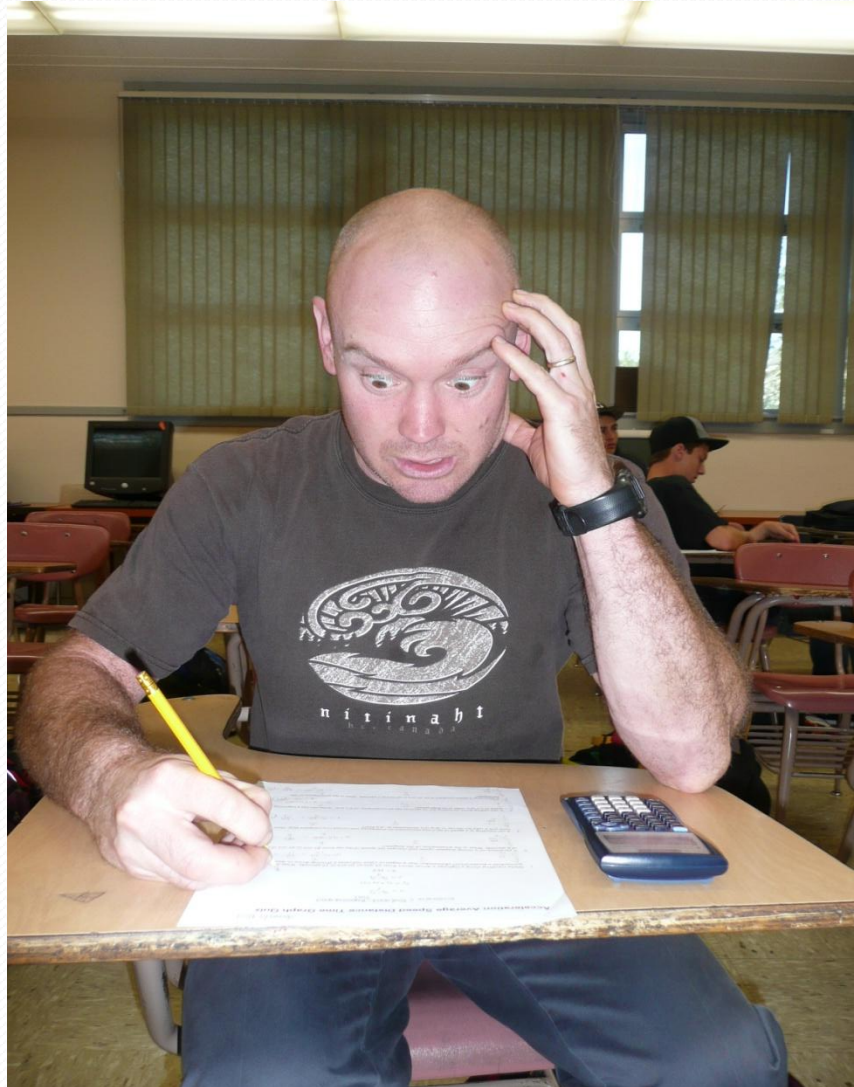
- Stress is very common among high school students. Here are some stressors and what you can do to deal with them.

#1 Test Anxiety

#2 Speech Anxiety (Fear of Public Speaking)

#3 Personal /Social Issues

Test Anxiety



Test Anxiety

- Very common.
- Symptoms of real test anxiety include tense muscles, sweaty palms, a pounding heart, feeling faint or nauseous, the inability to remember simple things, and mental blocks.
- Even though you know the material, when you go to take the test, you forget everything.

What to Do?

- Be prepared as much as possible
 - Study, don't procrastinate and don't wait till the last minute to start studying. This will give you more stress.
 - Pay attention during class reviews
 - Use tutors, Study Hall, friends.....
 - Get sleep, eat before the test and don't overload on caffeine

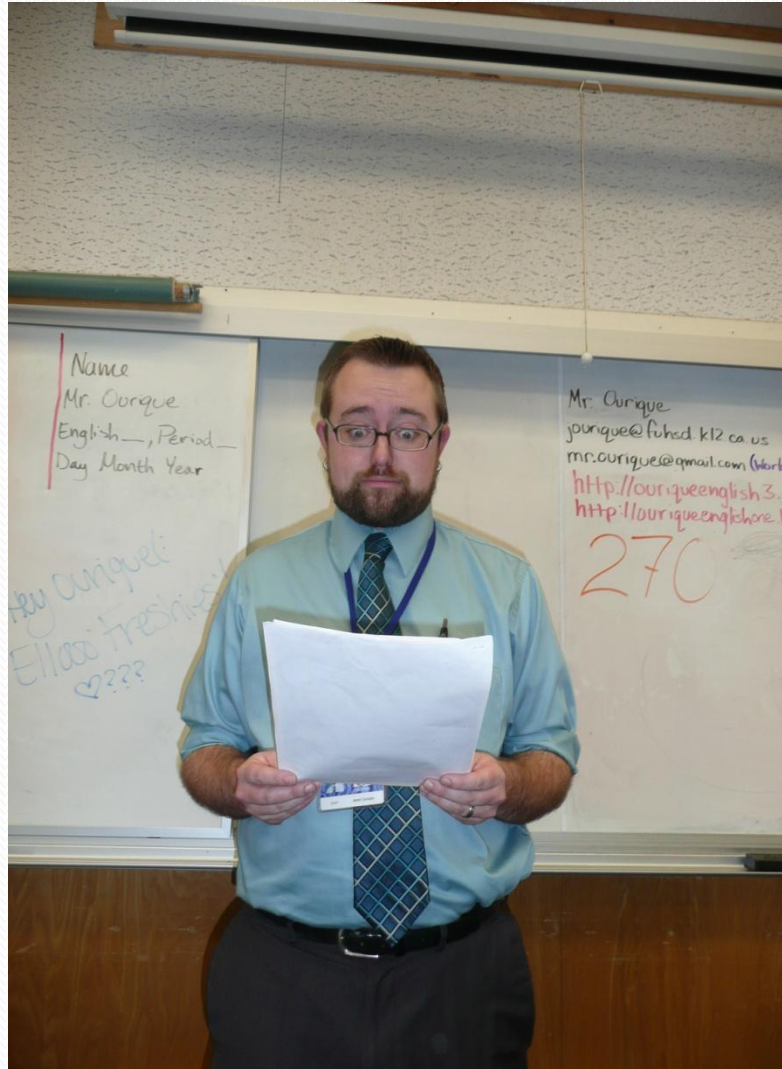
What else to do?

- Don't worry so much about the grade you're going to get. Instead think of the test as just another opportunity to get more points.
 - Example: If a test is worth 100 points and you get 50 points, the grade is probably an "F", BUT YOU'LL STILL HAVE 50 POINTS AND 50 POINTS IS BETTER THAN 0 POINTS!!!
 - You can ask to retake the test and try to get more points if you don't like your score.

More Test Tips

- Relax – take deep breaths before and during a test
- Answer the questions you know first, then go back and do the ones you skipped
- Unless it's a timed test, ask the teacher for more time if you need it.
- If its too noisy, ask to test in a quieter spot.

Speech Anxiety



Speech Anxiety

- Here are other ways to refer to it: anxiousness, nervousness, "the jitters," stage fright, fear of public speaking, performance anxiety, etc. It usually strikes when someone has to deliver a presentation before a group of people.
- It is the *number 1 fear* reported by everyone!

What to Do?

- Use visual aids so your audience doesn't look at you.
 - Examples: power point, charts/graphs, show and tell, handouts.
- The key is to get them looking at something else besides you.

What Else?

- Practice ahead of time
- Use notecards, so you can read them if you forget what you were going to say because you were too nervous.
- Take deep breaths before and during your speech
- Think of it as a way of communicating info, rather than a performance

Personal Problems and Peer Relationships that affect school

- These can include: family issues, conflicts with other students, girlfriend/boyfriend issues....
- All of these problems can affect your ability to focus in class



What to Do?

- Talking is helpful and a healthy way to relieve stress.
- Use resources available at school:
 - Counselors
 - Teachers
 - Peer Mediators
 - Used if you are having a conflict with another student and need help resolving it.

Conflicts with other students – don't let things get out of hand. Instead use peer mediators .





- Peer
Mediators

- Students who are trained to help mediate conflicts



The End