

Name \_\_\_\_\_

Date \_\_\_\_\_

## Question Sheet: Assessments and Anxiety: Interactive

1:15 It is normal to feel some nerves before a test, but there are ways to stop them becoming overwhelming.

☐

True

☐

False

2:40 Which one of the following statements is true?

☐

Anxiety only affects your thoughts.

☐

Anxiety only affects your behavior.

☐

Anxious thoughts can affect your behavior.

☐

Anxious thoughts and behavior are unrelated.

3:59 Making a study schedule will help you fit in \_\_\_\_\_ between study sessions.

5:04 Basic mindfulness simply refers to noticing the present moment.

☐

True

☐

False

5:51 Mindfulness exercises can help slow your \_\_\_\_\_ rate and relax your muscles.

6:43 If you find yourself feeling stressed before an exam, what are some of your go-to strategies for keeping your worries under control? Are there any new strategies you have learned from this video?