

Community Education Service

Test anxiety: What is it and What You Need to Know

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6:30 pm - 8:30 pm

Sign in: 6:15pm

Alberta Children's Hospital

Kinsmen Theatre—4th Floor

2888 Shaganappi Tr NW, Calgary

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Many students take tests throughout their time at school. Sometimes, the results are used to make important decisions about their educational programs, levels of curriculum mastery, report card grades, graduation requirements, and opportunities for further education. As many as 25% to 45% of students have test anxiety. As a result, these students usually experience high levels of stress, nervousness, and apprehension during these evaluative situations. This presentation will explain the nature and cause of test anxiety and offer strategies that parents, teachers, and professional can use to help students overcome high levels of anxiety during tests.

Level I: This session presents an overview of test anxiety and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services