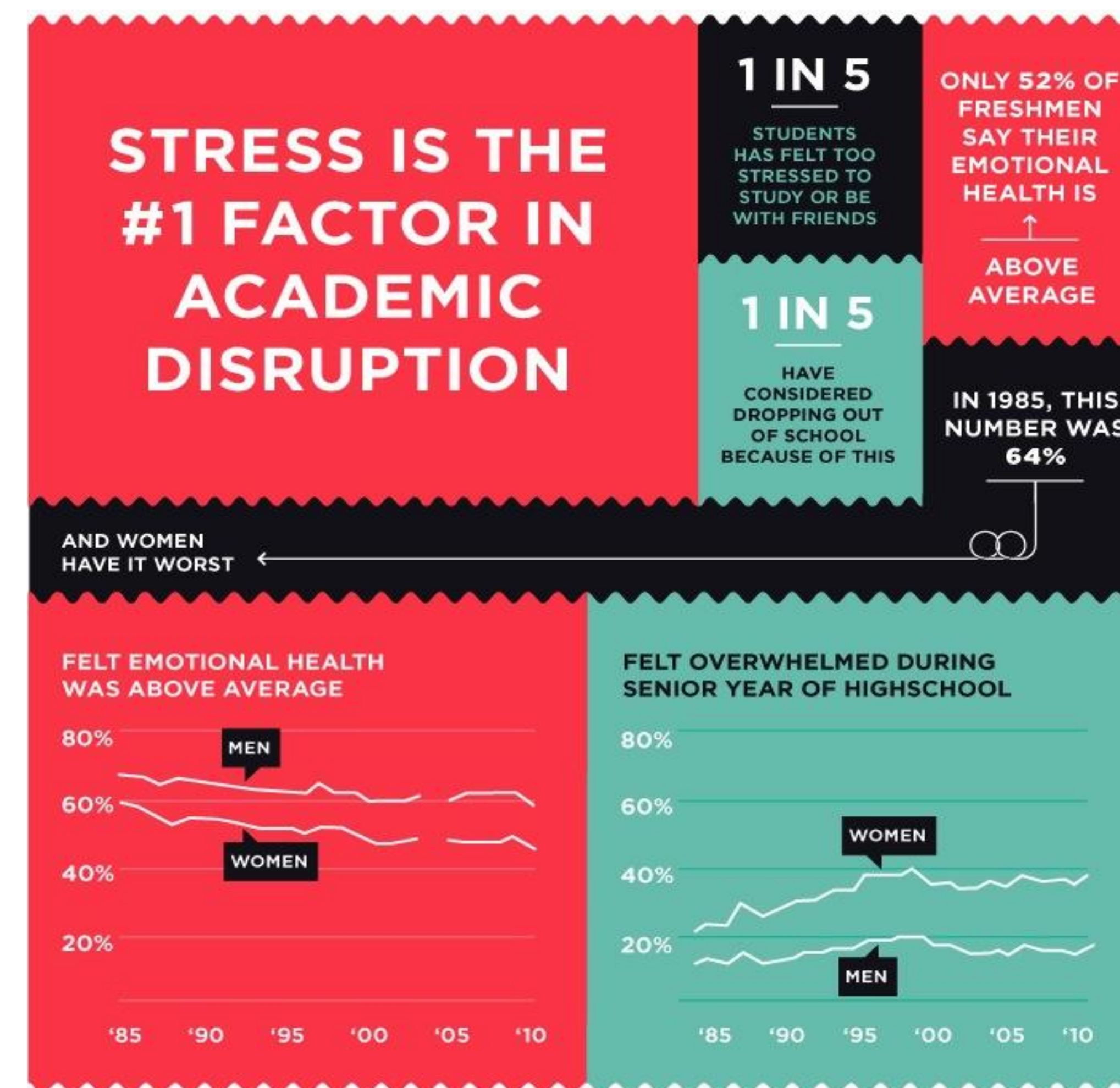


Test Anxiety

- Test Anxiety: a negative emotion or cognitive response to a situation where performance is being tested.
- Test and performance anxiety can affect up to 1/3 of students in school today.
- Test anxiety can be broken down into three components: cognitive, behavioral, and psychological.
- Identifying test anxiety and making an effort to address and aid students has proven to significantly reduce symptoms in adolescents.



Effects of Academic Stress

Physical:

- Sleep difficulty
- Increased heart rate
- Elevated blood pressure

Mental:

- More prone to anger
- Higher anxiety

Social:

- Can exhibit antisocial behavior
- Increased use of alcohol, drugs and tobacco

The Role of Schools in Identifying and Accommodating Mental Health

- Access to mental health care and building awareness.
- Mental health screening to identify struggling students.
- Resources (inside v outside) and addressing disparities.
- Educate communities on mental health to decrease stigma and create a positive environment for students to seek help.
- Experimental process and will change in order to best promote student success and wellness.

1 out of 5 children has a diagnosable mental health disorder

