

GOOD PRACTICES TO IMPLEMENT IN THE CLASSROOM

to better manage performance anxiety



Manage your own stress so you can better absorb your students' stress and help them manage it in turn.



Reword certain statements to avoid stirring up the anxiety of certain students. Here's an example: *"The next exam counts for 60% of your year. It's important to prepare well if you want to get into your program of choice in Cégep, because these are the grades that will count towards your admission. I'm speaking not to the whole group, but rather to those who take studying lightly. You know who you are. For the rest of you, continue doing what you usually do."*



Teach **relaxation exercises** and give students a chance to do them before or during exams. (See exercises at the end of this guide.)



Allow students to doodle or draw while listening. Also allow them to chew gum, eat snacks, or use a stress ball. These actions can help them release tension and improve their ability to concentrate.



Set aside times for creative, inventive activities, not just for structured, directed work.



Prioritize formative tests over summative tests, and give feedback. This will allow students to learn from their results.



Consult with other teachers to **avoid scheduling tests at the same time and inform students of the plan in advance.**

VIRTUOUS CIRCLE OF CONFIDENCE



Taken from *10 questions sur l'anxiété de performance*

