



# TEACHING PRACTICES TO PREVENT PERFORMANCE ANXIETY IN CLASS

**Vary teaching methods** to allow your students to **assimilate concepts in the best way possible**. Every student has their own way of learning based on their strengths and past experiences. By using a variety of each and every student.

Always **highlight effort over results**.

Foster a **positive learning climate**: Be careful with comparisons and attitudes that may result in competition and feelings of shame.

**Demonstrate empathy** by talking about your students' emotions (sadness, shame, humiliation, anger, jealousy, etc.), as well as the stress that comes with the start of the school year, year-end exams, assignments, changes, and so on.

**Give your students control**: For example, let them make choices, let them be the teacher, give them time to do their homework in class, get them to think by asking them questions instead of giving them the answers or doing things for them.

Teach in a way that allows your students to **enjoy learning**.

**Inject a little humour** to make school feel less daunting.

Turn errors into **learning and experiential opportunities**.

If a student has bad grades, **remind them of the many variables that can affect test-taking performance**, such as the wording and type of questions, their understanding of the subject, the teacher's expectations, an inadequate explanation or understanding of the subject matter, stressful, worrisome external events, etc. **Emphasize the variables that the student has power over**: study method, review, fatigue that can hamper concentration, stress management before the exam, etc.

When a student starts to compare themselves to others, turn the focus back to them: **talk about each person's own strengths and limitations**.

Ensure that students set **achievable goals**.