Reduce Anxiety in the Classroom

As a teacher, make attempts to reduce the overall anxiety in your own classroom. There are several ways to accomplish this, listed below are a few examples.

Create an atmosphere that is WELCOMING - INVOLVED - SUPPORTIVE

Provide helpful feedback

Allow time for and teach students how to reflect on their progress

Involve students in your classroom
  • Allow input on the structure
  • Give options
  • Let them help design test questions and formats

Offer attribution training
  • Help students understand the events and actions that contribute to their success and failure
    o Poor performance means that you must work harder
    o Success comes from hard work
      ▪ These behaviors need to be continued and enhanced
    o Learn from your mistakes

Teach and prompt the use of anxiety reduction strategies
  • Arrive to class on time
  • Avoid gossip about tests, assignments
  • Meditate
  • Deep breathing
  • Positive and relaxing images
  • Relaxing music
  • Muscle relaxation

Teach Study Skills

How can children learn to be prepared if they have not been taught how to prepare?
  • Focus on specific goals
  • Obtain required resources
  • Create an outline, summary
  • Provide study guides
  • Require group work
  • Provide educational games

Teach effective test-taking skills
  • Easier items first ---> build confidence
  • Memory dump ---> jotting down important information and definitions when the test is first distributed
  • Budget time
  • Pay attention to parts of the test that are highlighted by the teacher
  • Teach Mnemonic devices
  • Strategies for answering specific types of questions
    o Multiple choice
    o Matching
    o True-False
    o Sentence completion
    o Essay