

Name _____

Instructions: Choose three examples that show the author's purpose(s) for writing *Test Anxiety*. For each one, check the box that tells the author's purpose. Then, write supporting text evidence in the middle box. Finally, explain how you know that the evidence supports the purpose.

Author's Purpose

- Answering a Question
- Explaining How Something Works
- Describing Something

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Text Evidence

How Do You Know?

- Answering a Question
- Explaining How Something Works
- Describing Something

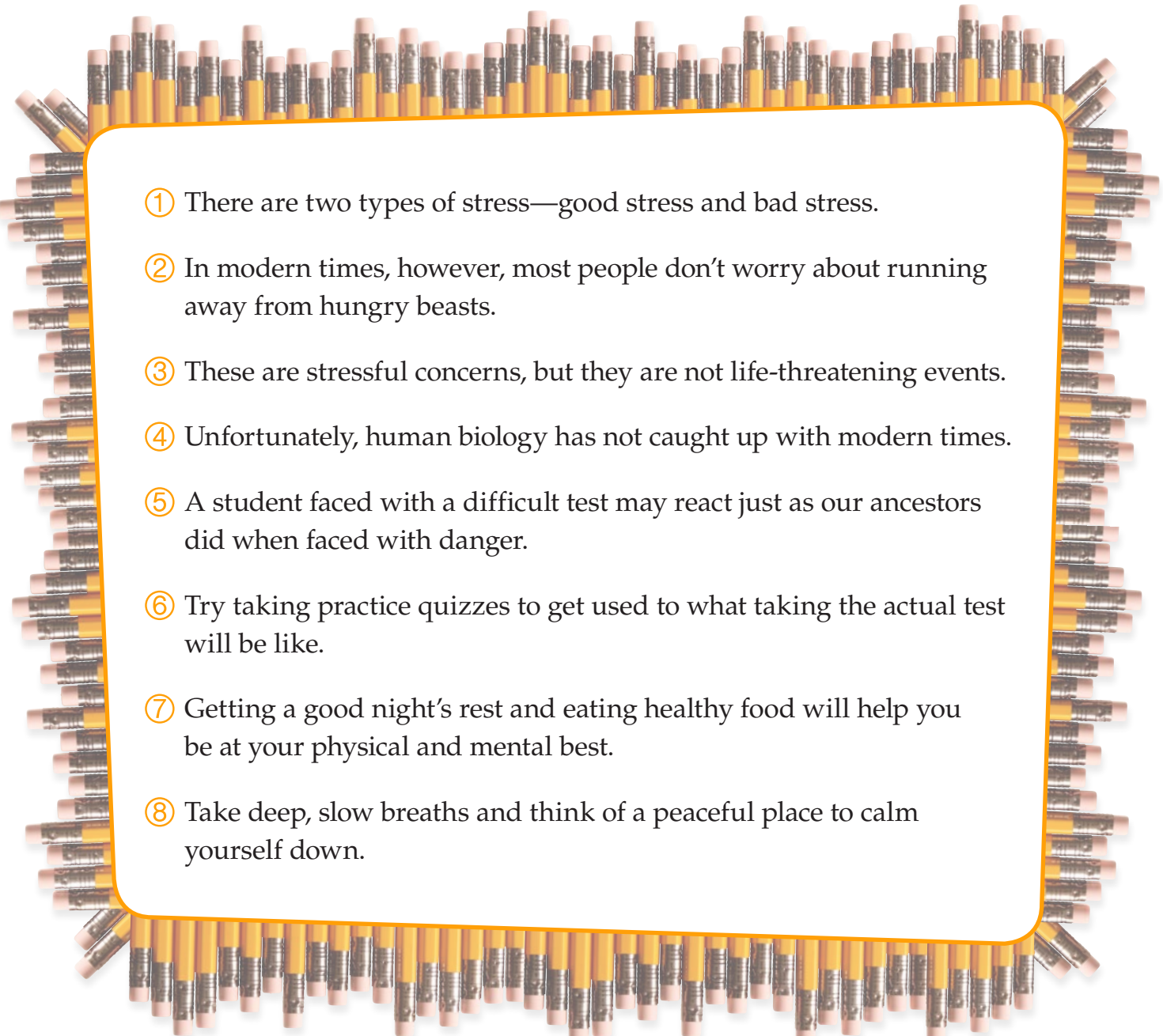
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- Answering a Question
- Explaining How Something Works
- Describing Something

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Name _____

Instructions: Read the sentences below. Circle all the adjectives and underline the nouns that they describe. Then, write your own sentence about test anxiety using at least one adjective.

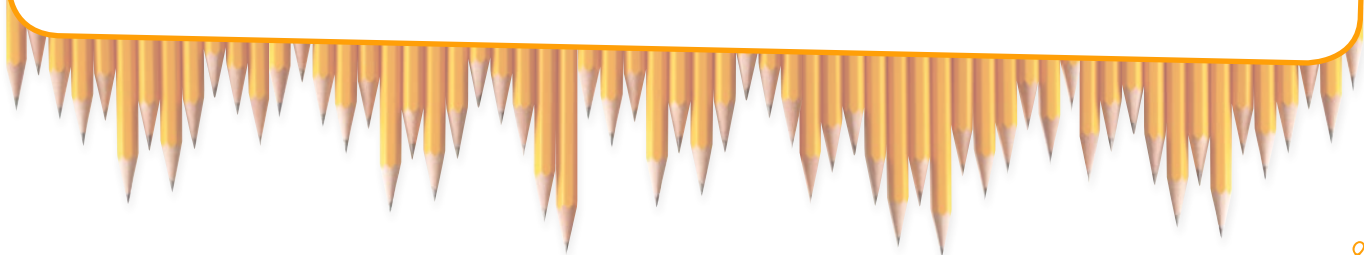
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- ① There are two types of stress—good stress and bad stress.
 - ② In modern times, however, most people don't worry about running away from hungry beasts.
 - ③ These are stressful concerns, but they are not life-threatening events.
 - ④ Unfortunately, human biology has not caught up with modern times.
 - ⑤ A student faced with a difficult test may react just as our ancestors did when faced with danger.
 - ⑥ Try taking practice quizzes to get used to what taking the actual test will be like.
 - ⑦ Getting a good night's rest and eating healthy food will help you be at your physical and mental best.
 - ⑧ Take deep, slow breaths and think of a peaceful place to calm yourself down.

My Sentence:

Name _____

Instructions: Cut along the dotted lines to separate the words. Arrange the words in alphabetical order. Then, write the words in alphabetical order on the lines below.

① _____	⑦ _____
② _____	⑧ _____
③ _____	⑨ _____
④ _____	⑩ _____
⑤ _____	⑪ _____
⑥ _____	⑫ _____



hormones	pressure	motivator
amygdala	anxiety	fatigue
stress	overwhelming	metacognition
jitters	endangered	fight-or-flight