

Work It Through: An Upcoming Test



“Having a test tomorrow and not having enough time to study, feeling that you will never pass and really need a good mark.”

1. What is within your control? What is not within your control?
2. What is the worst that could happen?
3. What is the probability of that actually happening? (High, Medium, Low)
4. If the worst happens, what will you do?
5. What will probably happen?
6. Explain in a positive way, how the situation should probably be handled and what the thoughts should be:
7. Once you have your plan in place, decide on the best calming strategies to use.