

Anxiety Strategies Chart

Student	In Class	Homework or Assignments	Tests	This is how my learning is affected
Anxiety: An area of student need, involving frequent worry, nervousness, avoidance of feared tasks, irritability or argumentativeness				
<p>I may display physical and/or verbal signs of unease. These may include: frequently talking about an upcoming event, fears, skin/nail picking/biting, pacing, avoidance of certain situations, upset stomach, headaches, nausea and/or diarrhea, or acting out, prickly behaviour, irritability or bossiness.</p> <p>I start to sweat and shake with a look of impending fear; I zone out; I look scared; I can become irritable, bossy, or argumentative. I may not even realize how I look or why I am feeling so anxious or upset.</p> <p>Anxiety can negatively impact my ability to think and function at school, and be available for learning. It may also impact my ability to concentrate, manage my emotions and/or organize myself and my materials.</p>	<p>I need reassurance to feel safe in class so that I will be available for learning.</p> <p>I respond best to calm, positive talk and can sense frustration which can make me unable to be successful.</p> <p>I need positive reinforcement to continue in-class work.</p> <p>I need reassurance to advocate and ask questions or for help if needed.</p> <p>I may need breaks or the opportunity to check in with you if I wasn't able to concentrate. Repetition and reassurance helps.</p> <p>A calm environment and a listening perspective helps me to manage my emotions when I feel anxious, irritable or argumentative.</p> <p>I need the dates of assignments posted or available in class so I can check and keep track.</p> <p>I need advanced notice to big changes in the class or expected deadlines.</p> <p>I benefit from an environment and classroom routine that is predictable</p>	<p>I do best when I have constructive feedback for each step of an assignment.</p> <p>Please check with me at the beginning of each new task or step to ensure my understanding.</p> <p>I may need extra time for assignments because I can feel overwhelmed trying to keep up with all of my courses.</p>	<p>I need advanced notice for upcoming tests, or exams.</p> <p>I may feel anxious writing in a big class, please let me write in an alternative quieter area.</p> <p>I may need oral prompts to begin tests or exams. I may need help to start</p> <p>It would help if you can break my test up into parts and give it to me one section at a time.</p> <p>Provide alternate methods of assessment if necessary.</p>	<p>I can get overwhelmed with new information, with the pace of learning, and with the volume of assignments.</p> <p>I may find oral presentations extremely difficult. It helps me if I can have alternate choices for presentation – either along with the teacher, or by audio or video presentation separate from the classroom in front of my peers.</p> <p>Social situations can make me highly uncomfortable, i.e. group work in class, in class evaluations. Please provide me with the option to work with "safe" friends or independently if needed.</p>

