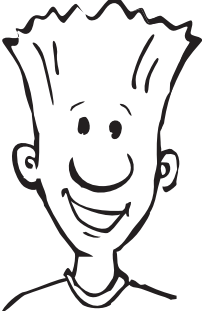

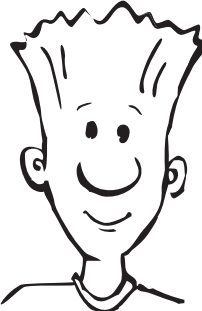
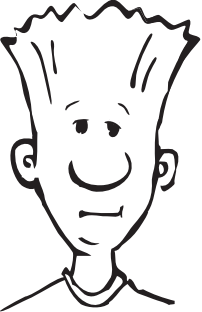
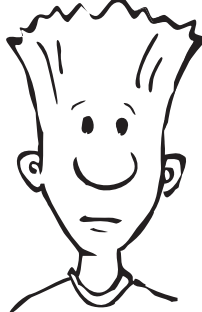
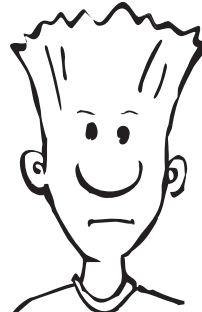





Name: _____

Date: _____

How do you feel about the test today?

Directions: Circle the face that best describes you today. Don't see one for you? Draw your own!

 <p>Confident Bring it on! Let's take it now!</p>	 <p>Calm I'm ready and will be fine.</p>	 <p>Hopeful I think I can do this</p>
 <p>unconcerned What test? It's no big deal.</p>	 <p>Concerned I'm a little worried and uneasy</p>	 <p>Frustrated Quit talking about it</p>
 <p>Nervous I'm scared and worried.</p>	 <p>Freaked out I'm dreading it!</p>	 <p>How do YOU feel?</p>

Write a short goal to help you feel confident about the test.
