

Connections Activity

Topic:	Having confidence in My Academic Abilities
Connections to Goal:	Academic
Grade Level:	9
Quarter:	2
Time Needed:	25 Minutes (one advisory session)

Handouts/Materials Provided:

- Incomplete Sentences Inventory Handout (attached)

Summary of Activity for the Advisor: Students will explore their feelings about taking tests.

Read/Discuss/Implement with students:

- Tell students they are going to do an activity that will help you (the advisor) and them, understand some of their feelings about school.
- Distribute the handout, The Incomplete Sentences Inventory, and read the directions with students, making sure they understand how to complete the inventory.
- If time permits, as students to reflect on their responses to the inventory and discuss what they may have learned about their feeling about tests and what they might do to change any anxious, fearful, or negative feelings.

If the students and Advisor are interested in this topic:

Use these additional discussion questions:

- Which strategies have you used?
- Which strategies can you improve?
- What have you learned about this activity?

Activity: Having Confidence In My Academic Ability

Name _____

The Incomplete Sentences Inventory

Complete the following sentences:

1. I usually get ready for tests by _____.
2. The night before a big test _____.
3. When I am taking a test _____.
4. If I fail a test, _____.
5. When I study for an important test _____.
6. My mind goes blank _____.
7. I get very nervous taking tests in _____.
8. I study for my tests _____.
9. I work best _____.
10. I look forward to _____.