

# Test Anxiety

**Wednesday 16th January 2019**

**09:15—12:15**

**Hopwood Hall College, Rochdale Campus**

**Trainers: Deborah Flitcroft & Shireen Sadreddini (Rochdale BC)**

**Audience: All Staff**

This training aims to help staff to: identify test anxiety; understand the effects of anxiety and stress; and develop strategies that would be relevant to their learning environment to support children and young people who may be suffering from test anxiety.

‘School children are suffering from unprecedented levels of stress and anxiety because of government testing and a focus on academic results’  
(BBC News Report, 7.3.17).

Although some stress or anxiety can at times be helpful, experiencing high levels of stress for longer periods of time can be harmful to our psychological and physical health.

