



Chapter 2 Project

► Purpose

Test anxiety is real. Millions of students all over the country experience this vague sense of unease when it comes to testing.

Psychology gives us insight into what is going on with our bodies in response to something like test anxiety. In fact, when a person understands their body's response to anxiety, it can be helpful in dealing with it. **The purpose of this project is to better understand how the body's structures (i.e., parts), functions (i.e., what those parts do), and systems operate when a student experiences test anxiety.**

► Directions

On a piece of very large paper or poster board, label and explain the role and/or process of biological structures, functions, and systems that are activated when a student is experiencing test anxiety. You should thoroughly address the role of each the following:

1. Brain Structures
2. Brain Functions
3. Neurotransmitters
4. Neural Transmission
5. The Nervous System
6. The Endocrine System

Begin with an outline of the body and brain. You should also display visually, an understanding of neural transmission. You should specifically address test anxiety on your poster.

► Materials

Large piece of paper or poster board (20+ inches width) required. Pencil crayons or colored markers encouraged.

✓ Checklist

Biopsychological Components of Test Anxiety

- Brain Structures
- Brain Functions
- Neurotransmitters
- Neural Transmission
- The Nervous System
- The Endocrine System

For each component:

- Label
- Explain role in test anxiety