

## THE TEST ANXIETY BILL OF RIGHTS

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I have the right to learn at my own pace and not feel put down or stupid if I'm slower than someone else.

I have the right to ask whatever questions I have.

I have the right to need and get extra help.

I have the right to ask for help and get assistance from a teacher or TA.

I have the right to say I don't understand.

I have the right to feel good about myself regardless of my scholastic ability.

I have the right to view myself as capable of learning.

I have the right to evaluate my instructors and how they teach.

I have the right to relax.

I have the right to be treated a competent adult.

I have the right to dislike a class.

I have the right to define success in my own terms.

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(Adapted from Sandra L. Davis' "Math Anxiety Bill of Rights")