

Seventh Grade, Session 3

Advice Situations

You write an advice column for your school paper. Choose between these scenarios and write a response.

Scenario 1

I get really anxious before tests. I study a lot and know deep down that I am prepared. But, when test time comes, my anxiety makes it hard to focus and I blank on some answers. Then I don't do as well as I know I could have. How do I make these feelings go away?

Scenario 2

Most people at school seem to have more money than me. There's no way my parents can afford half the things a lot of the students have at this school. It makes me angry, and I sort of feel embarrassed.

Scenario 3

My friend has been really mad at another friend because they told their secret. They don't know what to do, and finally told me at lunch. How can I help without making one of them mad at me?