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*Test Anxiety: Fight or Flight?!*

As more and more of our students seem to be experiencing significant anxiety during and around test times, we may be asking ourselves if there is anything that we can do. One school of thought suggests minimizing or even eliminating high stakes exams in favour of lower stakes tests and other forms of assessment. Another strategy proposes that there is a place for high stakes examinations in education, and that rather than finding ways of avoiding them, we should be focusing on equipping our students with the skills to face the challenge head-on. This talk will focus on ways to model and hone good test taking practices in the post-secondary mathematics classroom.