

# Application for Accommodations Due to Test Anxiety

Date: [Insert Date]

To: [Insert Name of School Official]

[Insert School Name]

[Insert School Address]

Dear [Insert Name of School Official],

I am writing to formally request accommodations for my test anxiety during examinations at [Insert School Name]. As a student in [Insert Grade/Class], I have been experiencing significant anxiety that impacts my performance during assessments.

Despite my preparation, the pressure of testing situations has led to difficulties in concentration and retention of information. To address these challenges, I am requesting the following accommodations:

- Extended time for tests
- Access to a quiet room for testing
- Use of stress-relief tools (e.g., fidget tools, calming music)

I believe that these accommodations will allow me to demonstrate my knowledge and skills more accurately, without the debilitating effects of anxiety that hinder my performance.

Thank you for considering my request. I appreciate your support and look forward to your positive response.

Sincerely,

[Your Name]

[Your Student ID]

[Your Contact Information]