

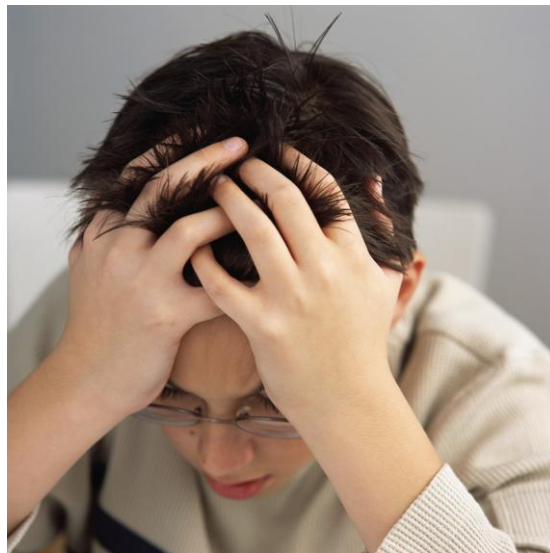
REDUCING TEST ANXIETY

- Recognizing Test Anxiety
- How to Cope
- What You Need to Succeed

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This nationally renowned self-help guide provides practical help, at no cost, for people who suffer mild to severe test anxiety. It is designed to help anyone (high school, college, graduate school) who understands the material, but blocks when taking classroom or standardized tests.

The guide reviews the major causes of test anxiety and offers practical advice for how to counter each one. Recognizing the symptoms of test anxiety is the first critical step, and this guide will help you evaluate your own warning signs. From how to organize your study schedule to how to tune out distractions, these strategies will help you in your efforts to get a better test score. You are urged to print the 12 page guide before using it.

If after diligently using the guide you feel you need more help, seek the advice of a person who has personally and successfully coped with test anxiety, such as a school counselor, teacher, family member, friend, etc... Dr. Bernier can help you locate such a person. If the previous two steps don't work, seek help from a professional who has experience helping others with mild to severe test anxiety.