

From	TutorSelect - Advanced Learners
Subject	Test Anxiety

ADVANCED LEARNERS

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Advancing Students Beyond the Classroom...

Advanced Learners is a private tutor placement service that provides tutoring for students needing academic help.

In addition to our large selection of tutors for all subjects at any level, we also have specialized tutors to assist older students and adults with high level math & science, test prep and college

Monthly Topic

Avoid Test Anxiety

It's good to be concerned about taking a test. It's not good to get "test anxiety." This is excessive worry about doing well on a test and it can mean disaster for a student.

Students who suffer from test anxiety tend to worry about success in school, especially doing well on tests. They worry about the future, and are extremely self-critical. Instead of feeling challenged by the prospect of success, they become afraid of failure. This makes them anxious about tests and their own abilities. Ultimately, they become so worked up that they feel incompetent about the subject matter or the test.

It does not help to tell the child to relax, to think about something else, or stop worrying. But there are ways to reduce test anxiety. Encourage your child to do these things:

- Space studying over days or weeks. (Real learning occurs through studying that takes place over a period of time.) Understand the information and relate it to what is already known. Review it more than once. (By doing this, the student should feel prepared at exam time.)
- Don't "cram" the night before--cramming increases anxiety which interferes with clear thinking. Get a good night's sleep. Rest, exercise, and eating well are as important to test-taking as they are to other schoolwork.
- Read the directions carefully when the teacher hands out the test. If you don't understand them, ask the teacher to explain.
- Look quickly at the entire examination to see what types of questions are included (multiple choice, matching, true/false, essay) and, if possible, the number of points for each. This will help you pace yourself.
- If you don't know the answer to a question, skip it and go on. Don't waste time worrying about it. Mark it so you can identify it as unanswered. If you have time at the end of the exam, return to the unanswered question(s).

For more Test Taking Tips visit www.ed.gov/pubs/parents/TestTaking/index.html



Success Stories

Jackie started her third quarter in Chemistry with a D. She has just completed her quarter and finished with an A (for the quarter!).

Shaina just scored 100% on her Calculus II exam.

Jason (tutor) Tampa, FL

Quote of the Month

"Education is not filling a bucket but lighting a fire."

William B. Yeats, poet

Parent Links

- [US Department of Education](#)
- [College Board - SAT's](#)

entrance exams.

Our office works quickly to connect you with a highly qualified, experienced tutor who meets your specific needs, so that tutoring sessions can begin immediately.

Our expert tutors are available to assist you 7 days a week, year-round, for morning, afternoon, or evening sessions...and best of all, they come to you.

All Students CAN Achieve Success!
We CAN help.



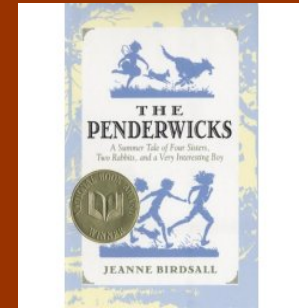
Toll Free
866-358-8867
or
email for more
information

[John Hopkins - Summer Learning](#)

[Florida Virtual Academy](#)

[College is Possible](#)

Suggested Reading



The Penderwicks : A Summer Tale of Four Sisters, Two Rabbits, and a Very Interesting Boy (National Book Award for Young People's Literature (Awards))

- **Reading level:** Ages 9-12
- **Hardcover:** 272 pages
- **List Price** \$15.95

For more information please contact me directly, kearneyt@tutorselect.com

Victoria Kearney
Director of Tutoring Services

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Higher Achievement

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Address: 2519 McMullen Booth Rd.Suite 510-291 City: Clearwater St: FL Zip: 33761