

From	TutorSelect - Advanced Learners
Subject	Final Exams

ADVANCED LEARNERS

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May 2006

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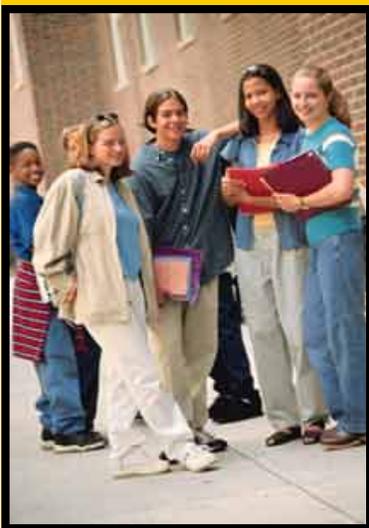
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Advancing Students Beyond the Classroom...

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

Monthly Topic

Preparing for Final Exams

How Do Students Build Self-Confidence?

Talking About Yourself - Positively. Students who display symptoms of test anxiety tend to be negative and self-defeating. They often make comments like:

- Everyone in this class is smarter and faster than I am.
- I always mess up on tests.
- This is a flunk out course.
- If I don't do well on this exam, then I'll flunk the course.
- These are trick questions.

The best way to become self-confident is to be aware of what you say to yourself. Try this. Write down your negative thoughts and then dispel each one by making a positive statement. Start encouraging yourself as you would encourage a friend. Repeat your positive statements to yourself so that you will reprogram your mind for success.

Other Techniques

Visualize yourself doing well and reaching your goals. Aim for a level of understanding that will get you an "A". Don't protect yourself by saying you'll be lucky to get a "C". You very often receive what you expect.

Don't compare yourself with others. Everyone is different and has experienced different things. You are unique. Understand what is going well and what is not going so well. Think about how you can improve.

Practice relaxing so that relaxation becomes an automatic response. Focus on relaxing so you don't feel uptight. If you relax as an automatic response, you can focus all your energy on your work with no wasted worrying about the test.

Take care of yourself by eating well, getting enough sleep and relaxing. Schedule some time to exercise on a regular basis and then do it.

Change your routine before you go into the test.



Success Stories

Josh was failing Spanish with a 39% average when I started working with him in Oct. By end of January he had a B average and had just "Aced" his first test...

Ivelisse, Tampa, FL

National Poetry Month

April is National Poetry Month, and a great time to explore the world of words with your kids!

Poetry Fun Stop!

Quote of the Month

"If you study to remember, you will forget, but, If you study to understand, you will remember."

Unknown Author

Parent Links

and adults with high level math & science, test prep and college 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.

**Toll Free
866-358-8867**

**or
email for more
information**

- Go to class a different way.
- Listen to a different style of music (classical instead of rock)
- Eat something different (call it brain food)

When you get into the classroom take some deep breaths, especially if you find yourself getting anxious. Just stop, put the pen or pencil down, close your eyes, think about how well you're going to do, RELAX, and then do your best on the test.

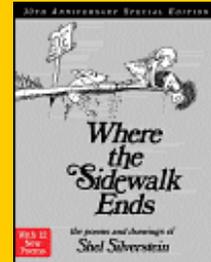
All Students CAN Achieve Success!

We CAN help.



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Suggested Reading



The 30th anniversary of Shel Silverstein's magical poetry book is honored with this splendid edition that includes 12 new poems and a dazzling silver jacket. Filled with the amazing, spirit-inspiring verses that Silverstein first made famous in 1974, this edition is sure to entrance yet another generation of readers with such memorable poems...

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

Victoria Kearney
Director of Tutoring Services

Higher Grades

Higher Self-Confidence

Higher Achievement

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