



# Testing Success: Learning to Control Your Anxiety

*Sandra Moenssens LMHC*

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## **Testing Success: Learning to Control Your Anxiety** Sandra Moenssens LMHC

Does your student get lower test scores than he should? Does your student often complain when he takes a test that he forgets everything he learned? If so, your student may have test anxiety. This book uses brain-based learning techniques to help students experience important anxiety-reducing techniques. These techniques have been fictionalized into a delightfully illustrated story that fully engages students. Teachers, counselors, or students may prepare for testing by utilizing the book either in a group setting or individually. The strategies in this valuable book teaches students: how to monitor negative self-talk, use deep breathing techniques, apply visualizations, prepare their bodies for the demands of testing, and gives tips on handling the actual test. The book displays a useful test so effective techniques can be applied and practiced immediately. This book will ensure lasting success for many tests to come!

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