




An educational partnership:

Wyoming Youth Services
Strengthening Our Community
**& Thriving with Stress:
 For Test Anxiety**
**A tactical approach to
 overcoming test anxiety**

Education

Thriving with Stress: for test anxiety

Test Anxiety Workshop

What is Test Anxiety ? Test Anxiety impairs your ability to be your best because you lose focus and confidence in yourself and what you know. With this understanding of how test anxiety works and some practice, you will change your response to your test anxiety triggers. You will gain freedom from the unnecessary struggle and frustration that keeps you from being your best.

Is Test Anxiety common? The American Test Anxiety Association finds that 34-38% of students have moderately-high to high test anxiety, making this the most prevalent scholastic impairment in our schools today.

Workshop Format - This four-part workshop is designed to help high school students learn skills to combat test anxiety. Weekly interactive lessons will teach practical strategies to eliminate test anxiety and help improve performance on high stakes tests like the SAT/ACT and AP.

Students Will Learn How To:

- Understand what test anxiety is and where it comes from
- Recognize how test anxiety freezes your mind and impairs your ability to perform to your full potential
- Learn skills to effectively manage your test anxiety before, during, and after exams
- Utilize an approach that helps manage your thoughts and behavior
- Begin to apply easy to learn strategies for managing test anxiety
- Resolve test anxiety as you begin to identify and manage your triggers
- Implement strategies to improve your ability to focus in seconds

Workshop Details

When: January 6, 13, 20 and 27, 2013 from 1:00pm-2:00pm
Where: Wyoming High School Room 100/101
Cost: \$25 for four session program to cover cost of materials
Contact: Dr. Frank Wood
Email: drfrank@thrivingwithstress.com
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