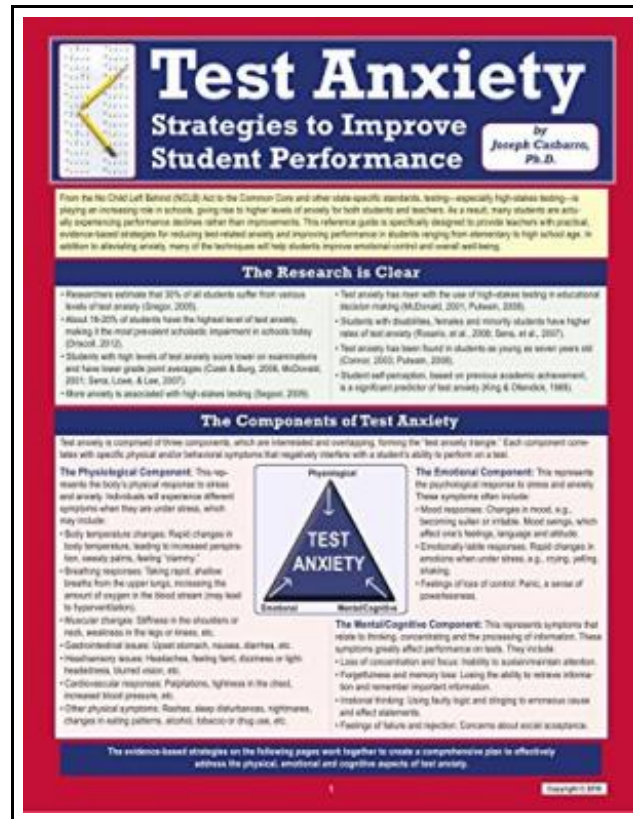


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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Dr. Hermann Marvin PhD)

TEST ANXIETY: STRATEGIES TO IMPROVE STUDENT PERFORMANCE (PAPERBACK)

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Natl Professional Resources Inc, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. Testing especially high-stakes testing is playing an increasing role in schools, giving rise to higher levels of anxiety for both students and teachers. As a result, many students are actually experiencing performance declines rather than improvements. This reference guide is specifically designed to provide teachers with practical, evidence-based strategies for reducing test-related anxiety and improving test performance and overall well-being in students ranging from elementary to high school age. The guide includes recommendations for teaching effective study skills habits, as well as specific test-taking skills. It also describes how to teach students stress-reduction techniques such as deep breathing, freewriting, progressive muscle relaxation, guided imagery, mindfulness and meditation, and positive self-talk.



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