

## TEST-TAKING ANXIETY

Check out the links below for information on test-taking anxiety and strategies to overcome it. After applying the suggestions, if a student is still struggling with this aspect of his/her education, come in to see Mrs. Lastusky.

[www.test-anxiety.com](http://www.test-anxiety.com)

[www.testtakingtips.com/anxiety](http://www.testtakingtips.com/anxiety)

[www.kidshealth.org/teen/school\\_jobs/school/test\\_anxiety.html](http://www.kidshealth.org/teen/school_jobs/school/test_anxiety.html)

[http://www.ehow.com/how\\_4859236\\_cope-test-taking-anxiety.html](http://www.ehow.com/how_4859236_cope-test-taking-anxiety.html)

<http://www.studygs.net/tstprp8.htm>