



## Test Anxiety: Strategies to Improve Student Performance

By Joseph Casbarro

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 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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